

RCC LIVE WEBINAR

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Mental Health More Than Talking!

Stephen Skinner

Webinar Outline

Evidence-based psychological therapies are the first line approach recommended for the treatment of depression and/or anxiety. The term 'talking therapy' is often used to describe these interventions but this can be misleading as engaging in change requires people to do more than talk.

The Improving Access to Psychological Therapies (IAPT) provision is a valuable community resource in ensuring access to evidence-based therapies for common mental health concerns and there are a variety of therapies delivered by the IAPT program that have been proven to be effective. This event will explore what factors support positive therapy engagement, explore current mental health policy including the IAPT provision, and highlight important aspects of consultations in supporting improvement in mental health.

Learning Outcomes

- Understand the current direction of Public Health and mental health policy.
- Identify the main features of common mental health problems such as depression and/or anxiety.
- Understand the Improving Access to Psychological Therapies service and how to access this for patients.
- Understand how chiropractors can positively influence their patients mental health during interactions.

Speaker

Steve is the Service Development Lead for the Adult Community Division of Lincolnshire Partnership NHS Foundation Trust. He has worked in IAPT from the start of the scheme as an accredited therapist and has several years' experience as an IAPT Clinical Lead. In his current role he is actively involved in the transformation of community mental health services and advocates for better access to evidence-based psychological interventions for patients.



APRIL 2022

Thurs 7th

13:00 - 14:00

Free for RCC Members - a link will be provided by email.

Non-Members: £35 - to register please visit:

rcc-uk.org/rcc-events

Registration closes

Thursday 7th April 2022, 10am

Chair

Mark Jessop MRCC (Pain)