Intensive cognitive behaviour therapy of anxiety disorders

**Module Tutor:**

Dr David Veale

Consultant Psychiatrist in CBT; South London and The Maudsley NHS Foundation Trust

Honorary Lecturer, Institute of Psychiatry, Kings College London

[david.veale@kcl.ac.uk](mailto:david.veale@kcl.ac.uk)

020 3228 2101

## Reporting instructions

On Monday, arrive at 9 am to Dower House, Bethlem Royal Hospital to meet with Manager, Simon Darnley. On Tuesday, arrive at 9 am at Dower House and attend ward round with Dr Veale.

## Aims

1. Knowledge and understanding of anxiety disorders from a biopsychosocial perspective
2. Understanding of the role of CBT and medication in the treatment of Anxiety disorders
3. Knowledge of basic principles of CBT and rationale for treatment
4. Knowledge of NICE guidelines

**Background information**

The Anxiety Disorders Residential Unit (ADRU) is based at Bethlem Royal Hospital and consists of Longfield House, which is an un-staffed, 12-bed hostel where the patients are housed, and Dower House, where therapists and further patients are based. The Unit specialises in Anxiety disorders, and although the majority of admissions are for treatment of patients diagnosed with obsessive compulsive disorder, inpatient treatment is offered for all anxiety disorders and body dysmoprhic disorder. Patients are either admitted for 12-week (reviewed every 2 weeks) inpatient treatment or they may receive outpatient treatment at the unit for specific disorders. The Unit is a part of the Department of Health, National Commissioning Group for the treatment of Obsessive Compulsive Disorder.

The multidisciplinary team consists of a part-time consultant, Dr David Veale, a higher psychiatric trainee, a core psychiatric trainee, cognitive behavioural therapists, an occupational therapist and administrators.

**Key learning events**

WEEK 1:

1. Meet with Team on day 1 and 2 to discuss role of ADRU
2. Spend first week with team observing & discussing cases/team roles
3. Scheduled meeting with consultant on day 2 to identify area of interest & agree /plan short project (for example short questionnaire for staff).

WEEK 2 / 3 / 4:

1. Continue working with team to complete project.

Final WEEK:

1. Write up findings.

1. Present findings to Team at ward round
2. Meet with Dr Veale to evaluate progress.

## Learning outcomes

1. Observe a CBT session with a member of team
2. Observe an assessment with a member of the team
3. Observe a review/assessment with a medical member of the team
4. Participate in MDT discussion about cases seen.
5. Identify an area of particular interest/relevance to anxiety disorders
6. Conduct a short project to understand a specific area of anxiety disorders in more detail
7. Feedback findings to supervisor & team (and write up if possible).

## Assessment:

1. Feedback questionnaire about the module.
2. Review whether aims & learning outcomes have been achieved in the evaluation meeting.
3. Feedback to student in the evaluation meeting.

**Any further Information/comments:**

Examples of areas that could be identified for a short project relevant to anxiety disorders

1. Basic principles of CBT
2. Activity monitoring and scheduling
3. A model of therapy (e.g. OCD)
4. Exposure techniques including ERP
5. Behavioural experiments
6. Outcome measures
7. NICE guidelines
8. Medication management of an anxiety disorder
9. Professional and ethical guidelines
10. Multidisciplinary/inter agency working

**Maximum number of students per period:** 1