

**COGNITIVE BEHAVIORAL THERAPY FOR CHRONIC ILLNESS
SCHEDULE**

DAY 1: 15 JULY 2024

TIME	PROGRAM
0730-0800	Registration
0800-0830	Overview
0830-0900	Debating Questions and Evidence-based
0900-0930	Introduction on CBT for Diabetes
0930-1000	Assessment and Case Conceptualisation Diagram
1000-1030	MORNING BREAK
1030-1100	Motivation to Change & Goal Setting
1100-1130	Behavior Change
1130-1230	Graded Exposure
1230-1400	LUNCH BREAK
1400-1430	Changing Attention Focus
1430-1500	Changing Analysis and Interpretation
1500-1530	Changing Decision Making
1530-1600	Managing Emotions and Unpleasant Physical Sensations
1600-1700	Managing Psychological Problems in Living with Diabetes
	END OF DAY 1

DAY 2: 16 JULY 2024

TIME	PROGRAM
0730-0800	Registration
0800-0830	Overview
0830-0900	Debating Questions and Evidence-based
0900-0930	Introduction on CBT for Cancer
0930-1000	Assessment and Case Conceptualisation Diagram
1000-1030	MORNING BREAK
1030-1100	Communication About Cancer
1100-1130	Delay Attitude and Culture
1130-1230	Response to Diagnosis and Treatment
1230-1400	LUNCH BREAK
1400-1430	Coping with Physical Appearance
1430-1500	Coping with Unpleasant Physical Symptoms
1500-1530	Cope with uncertainty and Fighting Spirit
1530-1600	Complex physical and emotional problems
1600-1700	Multiple presentation of living with cancer
	END OF DAY 2