

Grand Rounds

UW Medicine

DEPARTMENT OF PSYCHIATRY
AND BEHAVIORAL SCIENCES

Low-Intensity CBT: Driving Revolution in Mental Health Care

The Improving Access to Psychological Therapies (IAPT) program in England is a revolution in the delivery of evidence-based psychotherapy. A new Practitioner workforce supporting low-intensity CBT (LICBT) interventions is driving success. Waiting times have reduced from months to weeks, clinically significant and reliable recovery rates surpass 53%, and cost savings exceed program delivery costs. This presentation will enhance understanding of LICBT, highlight further adaptations to overcome access barriers, discuss potential for adoption across different settings and utilizing new technologies, and raise implementation considerations.

Paul Farrand, PhD, is a Professor of Clinical Education, Development and Research (CEDAR), Psychology at the University of Exeter and Director of the Low-Intensity CBT (LICBT) clinical training portfolio within CEDAR, Psychology. Passionate about teaching and learning with a commitment to ensuring the highest standards, Dr. Farrand seeks to maximize the student experience while guaranteeing the end user of the training, patients seeking treatment for mental health problems receive the best evidence-based psychological treatments possible.



Paul Farrand, PhD

Friday, May 7

12 - 1 PM

via Zoom

LINK: <https://uw-phi.zoom.us/j/95229242811?pwd=eWJZWXRQZ3RSRDhsaUpNQlo1NCtKUT09>

PASSCODE: 461403

Co-sponsored by ICTP

