

Cognitive-behavioural therapy (CBT) is a structured, time-limited, evidence-based psychological intervention that has been found to be an effective intervention for a range of psychiatric disorders including depressive disorder, phobias, generalised anxiety disorders, PTSD, eating disorders as well as severe mental illnesses like bipolar and psychotic disorders. Despite its strong evidence base, CBT is not widely available in many parts of the world especially in those under-served populations where the needs are most urgent. This is mainly because of the lack of access to quality training and supervision of CBT delivered by novice but interested mental health professionals. The current workshop aims to provide an overall introduction into the theory of cognitive-behavioural model of psychiatric disorders, the basic structures of a typical session of CBT, and introduction of key behavioural and cognitive strategies commonly used in CBT for alleviating depressive and anxiety disorders.