

The ECFS Psychosocial Special Interest Group and the ECFS Mental Health Working Group are proud to announce a special webinar for any member of the CF team:



PRACTICAL THERAPEUTIC MODALITIES TO MANAGE ANXIETY, DEPRESSION, SLEEP AND PAIN IN ROUTINE CF CARE

Webinar:

Tuesday 22nd September 2020
13:30 CET – 17:00 CET
FREE OF CHARGE

If you are able to attend, please click [here](#) to officially register. You will receive your personal log-in after registration



Johanna Gardecki (DE)



Lore Willem (BE)

Chair: [Eddie Landau \(IL\)](#)

Facilitators: [Lore Willem \(BE\)](#) and [Johanna Gardecki \(DE\)](#)

Time	Presentation	Speaker
13:30 – 13:35	Welcome	Eddie Landau (IL)
13:35 - 15:05	Introduction to using Cognitive Behaviour Therapy (CBT) in Cystic Fibrosis	Lore Willem (BE)
15:05 – 15:15	Break	
15:15 – 16:45	Introduction into Systemic and Family focused Therapy in Cystic Fibrosis	Johanna Gardecki (DE)
16:45 – 17:00	Discussion and Close	Eddie Landau (IL)

Aim:

An introduction in the use of two therapy modalities in supporting people with CF to manage anxiety, depression, sleep and pain.

The therapy modalities are Cognitive Behavioural Therapy (as recommended by the [Mental Health Guidelines](#)) and Systemic and Family focused Therapy.

After completing this webinar, participants will:

- Be able to describe the clinical features of anxiety, depression, sleep and pain
- Have learned a general CBT and Systemic and Family focused Therapy framework that can be used in clinical practice
- Understand basic interventions for anxiety, depression, sleep and pain, based on cases from clinical practice

Target audience:

All members of the multi-disciplinary team including doctors, nurses, dietitians, physiotherapists, psychologists, social workers etc.

Part of the webinar will be recorded and available on the [ECFS Education Platform](#) afterwards for ECFS members.

For more details about the ECFS Digital Conference, please visit: <https://www.ecfs.eu/digital2020>