

Spreading the Word: 10 Years of CBT Dissemination

A one-day conference

Friday 12 Sept 2014, Assembly Room, Oxford Town Hall, Oxford



Oxford Cognitive Therapy Centre

In 2004, Dr Melanie Fennell founded the world's first Advanced Cognitive Therapy Skills (ACTS) training course, a course dedicated to training CBT disseminators. She created a unique opportunity for CBT therapist to attend cutting edge clinical updates and to develop and enhance their skills as CBT supervisors, trainers, real world researchers and service leaders. Feedback from graduates captured the success of the programme:

"A learning experience of great richness"

"The course has been fantastically helpful and is already launching me into new areas"

"The quality of taught elements was exceptional. I really enjoyed attending something that was clearly designed and delivered to such a high standard. As a consumer, it really felt like a high quality product"

"... a real opportunity to learn, to grow in confidence & to feel stimulated and excited by current trends in CBT"

Ten years on ACTS still offers the most comprehensive training in the skills and knowledge needed to disseminate high quality CBT. This conferences is both a tribute to Dr Fennell's unique vision and an opportunity for CBT therapists of all levels to reflect on "Spreading the Word", learning how to make best use of CBT supervision, training and research. Discover how to take your CBT practice to the next level.



Workshop/Presentation 1

How to be an inspiring trainer

Melanie Fennell

Workshop/Presentation 2

The art and science of CBT supervision

Mark Freeston

Workshop/Presentation 3

Efficient and effective: Research-based dissemination

Sarah Rakovshik

ACTS Graduates: Stories from the front

- ▶ Michael Rooney Consultant Counselling Psychologist
- ▶ Anne Garland Consultant Nurse
- ▶ Joy McGuire Registered Mental Nurse: Specialist CBT Therapist
- ▶ Phil Davison Consultant Psychiatrist

N.B. Running order as above.

The Workshops/Presentations

Note that the presentations follow on from each other: there are no simultaneous presentations.

How to be an inspiring trainer Dr Melanie Fennell

The expansion in CBT dissemination in recent years has been extraordinary. Effective dissemination necessarily requires effective training of developing therapists. This begs the question: are some forms of training more effective than others? In particular, how do we train therapists so that they remember what they have learned, and can use it in their own work contexts, and in response to novel therapeutic challenges? This is the question the session will address.

The art and science of CBT supervision Professor Mark Freeston

CBT rightly prides itself as an empirically supported or evidenced based therapy. However, there are many important areas of clinical practice that still lie beyond the boundaries of the evidence base. Further, many believe that some of these areas are critical to effective practice. When watching experts operate in these areas, at times one may have the impression that this is indeed clinical art. This presentation addresses supervision in CBT where the evidence base is extremely limited. It reflects on clinical science and clinical art as they relate to supervision in CBT, considers how people may become supervisors, and explores different ways of being a supervisor. It examines the type of evidence we have and considers how some of the gaps may be addressed.

Efficient and effective: Research-based dissemination Dr Sarah Rakovshik

It seems all things CBT are evidence-based these days—from protocols, to interventions, to methods of supervision—but are they really? What level of evidence does exist for the efficacy of our treatments, supervision and training? This talk will explore what we know, what is yet to be discovered, and the unique opportunity clinicians have to add to discovering what really works in CBT treatment and dissemination.

The content of the conference will be accessible to CBT practitioners of all levels.

Booking

Please complete the following in BLOCK CAPITALS or, book online at www.octc.co.uk

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