



OCTC workshop programme 2015-16

*Unique training opportunities in
cognitive behaviour therapy*

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DISCLAIMER

OCTC makes every effort to ensure that this programme is delivered as advertised. However, should a presenter have to cancel, we will endeavour to find another suitable presenter. We will inform attendees as soon as is reasonably practical and, if requested, will offer a refund. In the rare event that we are unable to substitute a presenter, we may cancel a workshop and refund payments already made by attendees. OCTC cannot refund travel and accommodation costs that attendees may incur.

All the workshops in this programme are carried out by highly experienced therapists and trainers. The individual presenter is responsible for the content of the workshop and any views expressed do not necessarily represent those of OCTC.

Although highly informative, none of the open workshops or workshop series confer a formal qualification or assurance of competence in CBT (or a specialist area of CBT) since we are unable to assess attendee competency within the training event. However, credit and award-bearing courses that lead to formal qualifications are offered by OCTC in conjunction with the University of Oxford. More information about these courses is available on our website www.octc.uk

INTRODUCTION

OCTC is once again pleased to present an academic program that meets the needs of CBT practitioners nationwide by offering training in the "Basics" of CBT, trans-diagnostic approaches to problems and specialised workshops for the advanced practitioner.

We are particularly pleased to announce this year's Annual Congress, entitled: "**Forging New Frontiers in CBT: An Audience with CBT Pioneers**". Our presenters so far include Professors David Clark, Emily Holmes, Roz Shafran, Willem Kuyken, Dan Freeman and Dr Gillian Butler - all of whom are closely linked with Oxford and OCTC.

Our "workshops at a glance" will show the variety of training opportunities that we offer, and to help you choose the workshops that will best meet your needs or the needs of your workforce, we have also highlighted workshop "series" that bring together workshops with related themes. In addition to our popular "Introduction to CBT" series, this year our series cover:

- The "ABC"s of CBT
- Trans-diagnostic CBT: Using your Skills more Widely
- Applying your Skills to Specialist Practice
- Advanced Cognitive Therapy Studies
- Child and Adolescent CBT
- The Psychosis and Bipolar Series
- Group Therapy and CBT
- Working with People with Complex Problems and Personality Disorder
- CBT and Trauma Workshops
- CBT Supervision Workshops

This year we have a varied selection of invited presenters:

Rachel Norris	Developing the CBT Service <i>You</i> Want: An Introduction to Service Development
Willem Kuyken	Collaborative Case Conceptualization
Simon Darnley	Develop your Own Style and Become an Effective CBT Therapist in One Day
Sue Clohessy	Effective Supervisory Relationships: Research & Practice
Pippa Stallworthy	Treating PTSD in Survivors of Domestic Violence
Kerry Young	Working with Refugees and Asylum Seekers with PTSD
Craig Steel & Amy Hardy	An Introduction to Cognitive Therapy for Trauma and Psychosis
Polly Waite	Working with Anxiety in Young People
Patrick Smith	Trauma Focused CBT with Children and Young People
Melanie Fennell	New Modalities of Working with Depression: Mindfulness-Based Cognitive Therapy: A New Approach to Recurrent Depression
Jon Wheatley	New Modalities of Working with Depression: Imagery Rescripting in the Treatment of Major Depression
Nick Grey	Anxiety: Clinical Update & Masterclass
Mark Latham	The "Newcastle Model" of Supervision
To be confirmed	CBT for Bipolar Disorder
Debbie Brewin & Joanne Ryder	CBT Groups

We continue to offer a range of courses leading to **University of Oxford qualifications**. These include:

- Short-courses in Supervision, Training, Research, Service Development and Advanced Clinical Skills
- PG Certificate in CBT for Psychological Trauma
- PG Diploma in CBT (BABCP Accredited)
- MSc in CBT option

See our website for details of these courses.



This programme is up to date at the time of printing in October 2014, but additions and amendments will be found on our website at www.octc.co.uk . We are also happy to put together a programme of training at your own base, which may be more cost-effective if you have significant numbers of people needing training – see www.octc.co.uk or contact OCTC for details.

Best wishes

Helen Kennerley
Academic Programme Lead, OCTC

WORKSHOPS AT A GLANCE

Date	Workshop Title	Presenter(s)	Pg
7 - 8 Jan 26 – 27 Jan 18 – 19 Feb 10 – 11 Mar	Introduction to CBT Course (Series 1) Parts 1-4	OCTC staff	13
13 – 14 Jan	Developing the CBT Service <i>You</i> Want: An Introduction to Service Development	Rachel Norris	14
15 Jan	Collaborative Case Conceptualization	Willem Kuyken	15
29 Jan	Develop your Own Style and Become an Effective CBT Therapist in One Day	Simon Darnley	16
23 – 26 Feb	Working with Adult Survivors of Childhood Trauma	See details listed below	
23 Feb	Working with Survivors of Childhood Trauma: Conceptualisation and Special Issues 1 Developmental & Systemic Understandings	Helen Kennerley	17
24 Feb	Working with Survivors of Childhood Trauma: Conceptualisation and Special Issues 2 Formulation Guided Interventions	Helen Kennerley Alison Croft	18
25 Feb	Managing Meaning by Managing Images	Helen Kennerley	18
26 Feb	Joined-Up CBT for Survivors of Childhood Trauma: Oxford 18-session Programme for Individuals, Pairs and Groups	Helen Kennerley	19
12 Mar	A Beginner’s Guide to Psychosis & Bipolar	Louise Isham	20
19 Mar	Launch Event for the Worry Intervention Trial (WIT) in Psychosis	Daniel Freeman Graham Dunn David Kingdon Helen Mander Katherine Pugh Helen Startup	21
27 – 28 Apr	An Introduction to CBT Supervision (1½ days)	Helen Kennerley	22
29 Apr	Effective Supervisory Relationships: Research & Practice	Sue Clohessy	23
11 – 14 May	Working with Adult Trauma Survivors: Specialist Circumstances	See details listed below	24
11 May	Treating PTSD in Survivors of Domestic Violence	Pippa Stallworthy	24
12 May	Working with Refugees and Asylum Seekers with PTSD	Kerry Young	24
13 May	An Introduction to Cognitive Therapy for Post-Traumatic Stress Reactions in Psychosis	Craig Steel Amy Hardy	25
14 May	Beyond Fear: Understanding and Treating Military Trauma	Martina Mueller	26

	Child & Adolescent courses		
18 – 19 May	Block 1: Introduction to Basic Skills		
1 – 2 Jul	Block 2: Expanding Basic Skills	Jonquil	
19 – 20 Oct	Block 3: Working with Anxiety in Young People	Drinkwater	27
2 – 3 Dec	Block 4: Working with Depression & Eating Disorders	Anne Stewart	-
11 Feb 2016	Supervision in CAMHS: Complexities, Models and Practical Aspects	Polly Waite	32
9 May 2016	Trauma Focused CBT with Children & Young People	Patrick Smith	
3 Jun	Understanding Clients with Complex Problems: An Introduction	Helen Kennerley	33
4 Jun	Urges, Impulses and Compulsions: Understanding and Managing Self-Injurious Behaviours	Helen Kennerley	34
17 Jun	CBT Groups	Debbie Brewin Joanne Ryder	35
18 Jun	CBT Group Supervision	Helen Kennerley	36
22 Jun	Working with Psychosis: An Introduction to CBT for Delusions	Louise Isham	37
23 Jun	Working with Psychosis: An Introduction to CBT for Voices	Louise Isham	38
24 Jun (repeated 5 Nov)	CBT Treatment for Worry for Patients with Persecutory Delusions: An Evidence-based Low-intensity Behavioural Intervention for Psychosis	Helen Mander Katherine Pugh	39
7 Jul	SoS: Supervision of Supervision	Helen Kennerley	40
8 Jul	New Modalities of Working with Depression: Mindfulness-Based Cognitive Therapy: A New Approach to Recurrent Depression	Melanie Fennell	41
9 Jul	New Modalities of Working with Depression: Imagery Rescripting in the Treatment of Major Depression	Jon Wheatley	42
1 – 2 Sep 28 – 29 Sep 13 – 14 Oct 9 – 10 Nov	Introduction to CBT Course (Series 2) Parts 1-4	OCTC staff	43
11 Sep	 <p>OCTC One-Day Congress – Forging New Frontiers in CBT: An Audience with CBT Pioneers</p> 	Gillian Butler David Clark Daniel Freeman Emily Holmes Willem Kuyken Roz Shafran	44
16 – 17 Sep	Anxiety: Clinical Update & Masterclass	Nick Grey	45
30 Sep	Behavioural Experiments: Effective Integration of Experiential Learning into Cognitive Therapy	Martina Mueller	46

1 Oct	Socratic Method for Dummies (and Smart Therapists too!)	Helen Kennerley	47
5 – 6 Oct	The ‘Newcastle’ Model of Supervision	Mark Latham	48
7 – 8 Oct	An Introduction to CBT Research: Feasible and Fun, Who Knew?	Sarah Rakovshik	49
15 Oct	Where Do I Start? Formulating and Working with Problems of Co-Morbidity	Joy McGuire	50
19 Oct	An Introduction to the Concept of Trauma: Beyond PTSD	Helen Kennerley	51
22 Oct	The Brain, Dissociation and Trauma	Helen Kennerley	52
5 Nov (repeat of 24 Jun)	CBT Treatment for Worry for Patients with Persecutory Delusions: An Evidence-based Low-intensity Behavioural Intervention for Psychosis	Helen Mander Katherine Pugh	53
16 Nov	CBT for Bipolar Disorder	To be confirmed	54
17 Nov	Working with Resilience in CBT	Lisa Palmer	55
18 Nov	Behind the Drama: Treatment of Histrionic and Narcissistic Personality Traits	Sarah Rakovshik	56
7 – 8 Dec	How to be an Inspiring Trainer	Melanie Fennell	57

2016 dates			
5 – 6 Jan	Developing the CBT Service <i>You</i> Want: An Introduction to Service Development	Rachel Norris	58
6 – 7 Jan 25 – 26 Jan 16 – 17 Feb 2 – 3 Mar	Introduction to CBT Course (Series 1) Parts 1-4	OCTC staff	58
13 Jan	Don’t panic! : Developing more Advanced Skills for Working with Panic Disorder & Agoraphobia	Alison Croft	59
14 Jan	The ABC of OCD	Joy McGuire	60
22 Feb	An Introduction to Working with Survivors of Childhood Trauma	Helen Kennerley	61
9 May	Trauma Focused CBT with Children & Young People	Patrick Smith	62
10 May	Working with Refugee & Asylum Seekers with PTSD	Kerry Young	63

THEMED WORKSHOPS

The workshops in the following series can be attended without you having to make a commitment to the entire series. You will receive a certificate for each workshop you attend. If you do attend a whole series, you can then exchange your workshop certificates for one that states that you have attended that particular OCTC series in its entirety.

Child & Adolescent CBT

This well established course shows you how to use CBT with young persons. It is a brief but comprehensive series, divided into four blocks, with an additional day of supervision training. The first block covers basic skills, while subsequent workshops are at an intermediate level. Blocks 2-4 address working with core beliefs and imagery, family aspects of CBT and CBT for anxiety, for depression and for eating disorders. For those who are experienced in child and adolescent CBT there is also a one-day training in the supervision of child and adolescent work.

These workshops are suitable for child and adolescent mental health professionals of any discipline. The workshops build on each other, and this means that you are encouraged to attend Block 1, or to have previous experience in using CBT, before taking Blocks 2, 3 & 4.

			Pg
18 – 19 May	Block 1: Introduction to Basic Skills	Jonquil Drinkwater	27 - 30
1 Jul	Block 2: Day 1 – Involving the Family	Anne Stewart	
2 Jul	Block 2: Day 2 – Identifying and Modifying Images & Beliefs	Jonquil Drinkwater	
19-20 Oct	Block 3: Working with Anxiety in Young People	Polly Waite	
2 Dec	Block 4: Day 1 – Working with Depression	Jonquil Drinkwater	
3 Dec	Block 4: Day 2 – Working with Eating Disorders	Anne Stewart	31
11 Feb 2016	Supervision in CAMHS: Complexities, Models and Practical Aspects	Anne Stewart	
9 May	Trauma Focused CBT with Children & Young People	Patrick Smith	

The Psychosis and Bipolar Series

In recent years the evidence base supporting the use of CBT with people with psychosis and bipolar disorder has been steadily increasing, and the recognition of the need to increase access to therapies for these populations is reflected in the Improving Access to Psychological Therapies (IAPT) for Severe Mental Illness (SMI) project. With this in mind, OCTC are delighted to introduce a new series focusing on CBT for psychotic and bipolar disorders.

This series includes a “Beginner’s Guide” workshop that presents a comprehensive introduction to the basic principles of working with people with psychotic and bipolar disorders. There is also a set of 4 single day workshops for the more experienced clinician. These will enable participants to develop and refine skills for working with delusions, voices, trauma and psychosis, and bipolar disorder. Each single day workshop can be attended as a “stand alone” session but they are also complementary and taken together provide a solid foundation for working with people with psychotic and bipolar disorders.

12 Mar	A Beginner’s Guide to Psychosis & Bipolar	Louise Isham	20
13 May	An Introduction to Cognitive Therapy for Post-Traumatic Stress Reactions in Psychosis	Craig Steel Amy Hardy	25

22 Jun	Working with Psychosis: An Introduction to CBT for Delusions	Louise Isham	37
23 Jun	Working with Psychosis: An Introduction to CBT for Voices	Louise Isham	38
16 Nov	CBT for Bipolar Disorder	To be confirmed	54

In addition we will be collaborating with Prof Daniel Freeman and his colleagues at the University of Oxford Department of Psychiatry, to offer a workshop on an innovative intervention for people with psychosis, namely: *Low-intensity “worry” interventions*. This new approach has proven effective in recent trials and we are most pleased to be able to give you access to this training.

19 Mar	Launch Event for the Worry Intervention Trial (WIT) in Psychosis	Daniel Freeman Graham Dunn David Kingdon Helen Mander Kathrine Pugh Helen Startup	21
24 Jun (repeated 5 Nov)	CBT Treatment for Worry for Patients with Persecutory Delusions: An Evidence-based Low-intensity Behavioural Intervention for Psychosis	Helen Mander Katherine Pugh	39
5 Nov (repeat of 24 Jun)	CBT Treatment for Worry for Patients with Persecutory Delusions: An Evidence-based Low-intensity Behavioural Intervention for Psychosis	Helen Mander Katherine Pugh	53

The “ABC”s of CBT

This is an opportunity to brush up on the basics of CBT. For some it will be an introduction and for others a timely refresher. The “ABC” series aims to help you discover the full potential of fundamental CBT interventions.

This year, Martina Mueller introduces a wide application of behavioural experiments and Helen Kennerley shows you how to get to grips with a range of Socratic Methods. Alison Croft will help you gain confidence in tackling Panic Disorder and Agoraphobia, while Joy McGuire will do the same for OCD. Next year (2016-17) OCTC will present “ABC” workshops to help you use sound CBT formulations/conceptualisations to guide your work; to understand and manage GAD; to introduce you to Anger Management and Assertiveness Training.

Each workshop is presented by experienced (and wise) CBT practitioners and each offers training that will certainly enhance your practice.

30 Sep	Behavioural Experiments: Effective Integration of Experiential Learning into Cognitive Therapy	Martina Mueller	46
1 Oct	Socratic Method for Dummies (and Smart Therapists too!)	Helen Kennerley	47
13 Jan 2016	Don’t panic! : Developing more Advanced Skills for Working with Panic Disorder & Agoraphobia	Alison Croft	59
14 Jan	The ABC of OCD	Joy McGuire	60

CBT Supervision Workshops

Supervision is crucial in developing and maintaining adequate standards of CBT and given the demands of professional registration, improved access to psychological therapies and clinical governance, there is

an increased expectation that clinicians are offered sound supervision in CBT. Therefore, we are pleased to be able to offer several workshops that aim to help you develop your supervisory skills.

If you wish to gain a more intensive training as a CBT supervisor, OCTC (in conjunction with the University of Oxford) also offer a specialist training module in Supervision as part of the Advanced Cognitive Therapy Studies (ACTS) programme. Please see our website for more information about OCTC / University of Oxford short-courses.

27 – 28 Apr	An Introduction to CBT Supervision (1½ days)	Helen Kennerley	22
29 Apr	Effective Supervisory Relationships: Research & Practice	Sue Clohessy	23
18 Jun	CBT Group Supervision	Helen Kennerley	36
7 Jul	SoS: Supervision of Supervision	Helen Kennerley	40
5 – 6 Oct	The ‘Newcastle’ Model of Supervision	Mark Latham	48
11 Feb 2016	Supervision in CAMHS: Complexities, Models and Practical Aspects	Anne Stewart	31

Trans-diagnostic CBT: Using your Skills more Widely

This workshop series spans two years and is ideal for those who have a grounding in CBT but who now want to discover the true versatility of their skills and knowledge. This year the topics range from revising “old faithfuls” such as Formulation Skills, Behavioural Experiments and Socratic Methods to developing quite new ways of working through enhancing Resilience. There are also opportunities to learn the trans-diagnostic possibilities of managing problem imagery and self-injurious behaviours. The workshop on the Brain and Dissociation will be relevant to several diagnostic presentations, as will the introduction to an 18-session programme for survivors of childhood trauma.

Next year (2016-17) there will be additional workshops to help you further develop formulation skills, schema-focussed work, and there will be more opportunities to learn about the Brain and CBT.

25 Feb	Managing Meaning by Managing Images	Helen Kennerley	18
26 Feb	Joined-Up CBT for Survivors of Childhood Trauma: Oxford 18-session Programme for Individuals, Pairs and Groups	Helen Kennerley	19
3 Jun	Understanding Clients with Complex Problems: An Introduction	Helen Kennerley	33
4 Jun	Urges, Impulses and Compulsions: Understanding and Managing Self-Injurious Behaviours	Helen Kennerley	34
16 – 17 Sep	Anxiety: Clinical Update & Masterclass	Nick Grey	45
30 Sep	Behavioural Experiments: Effective Integration of Experiential Learning into Cognitive Therapy	Martina Mueller	46
1 Oct	Socratic Method for Dummies (and Smart Therapists too!)	Helen Kennerley	47
15 Oct	Where Do I Start? Formulating and Working with Problems of Co-Morbidity	Joy McGuire	50
19 Oct	An Introduction to the Concept of Trauma: Beyond PTSD	Helen Kennerley	51
22 Oct	The Brain, Dissociation and Trauma	Helen Kennerley	52
17 Nov	Working with Resilience in CBT	Lisa Palmer	55

Group Therapy and CBT

Cognitive therapists have a long history of using offering group treatment and group supervision. These three workshops will help you gain the most from your group sessions. Joanne Ryder and Debbie Brewin present an introduction to group work that will set the scene for those who are just embarking on group work or who welcome a refresher in the “basics” of group therapy. Helen Kennerley shares a unique group programme that has been developed specifically for survivors of childhood trauma. She also leads an invaluable workshop for CBT supervisors who want to develop and refine their group supervision practice.

26 Feb	Joined-Up CBT for Survivors of Childhood Trauma: Oxford 18-session Programme for Individuals, Pairs and Groups	Helen Kennerley	19
17 Jun	CBT Groups	Debbie Brewin Joanne Ryder	35
18 Jun	CBT Group Supervision	Helen Kennerley	36

Working with People with Complex Problems & Personality Disorder

Do you find some patients challenging to work with because of the complexity or chronicity of their difficulties? Is it hard to maintain perspective and hope? This series of related workshops, which run over two years, will enhance your understanding of patients with complex difficulties and will address common challenges when working with them - so you can feel more confident in your case conceptualisations and choice of interventions.

This year, workshops will include an introduction to working with patients with complex difficulties and another on formulating co-morbidity. There are also workshops that address the specific problems of managing self-injurious behaviours, enhancing resilience, working with patients who have “dramatic” personality disorders. For those working with survivors of childhood trauma, there is also an introduction to an 18-session programme tailored to their needs. Next year (2016-17), basic and advanced schema-based interventions will be introduced to the series.

26 Feb	Joined-Up CBT for Survivors of Childhood Trauma: Oxford 18-session Programme for Individuals, Pairs and Groups	Helen Kennerley	19
3 Jun	Understanding Clients with Complex Problems: An Introduction	Helen Kennerley	33
4 Jun	Urges, Impulses and Compulsions: Understanding and Managing Self-Injurious Behaviours	Helen Kennerley	34
15 Oct	Where Do I Start? Formulating and Working with Problems of Co-Morbidity	Joy McGuire	50
22 Oct	The Brain, Dissociation and Trauma	Helen Kennerley	52
17 Nov	Working with Resilience in CBT	Lisa Palmer	55
18 Nov	Behind the Drama: Treatment of Histrionic and Narcissistic Personality Traits	Sarah Rakovshik	56

Applying your CBT Skills to Specialist Practice

This series of workshops offer a valuable introduction to a wide range of specialist applications of CBT. All the workshops are led by highly experienced practitioners and trainers who can help you develop your existing practice. Topics include working with children and young people, supporting those with trauma histories and / or complex difficulties, using CBT with patients suffering from severe mental

illness. Experienced CBT practitioners who are involved in disseminating CBT, will find the introductions to CBT Supervision, Training, Research and Service Development invaluable.

23 Feb	Working with Survivors of Childhood Trauma: Conceptualisation and Special Issues 1 Developmental & Systemic Understandings	Helen Kennerley	17
24 Feb	Working with Survivors of Childhood Trauma: Conceptualisation and Special Issues 2 Formulation Guided Interventions	Helen Kennerley Alison Croft	18
12 Mar	A Beginner's Guide to Psychosis & Bipolar	Louise Isham	20
27 – 28 Apr	An Introduction to CBT Supervision (1½ days)	Helen Kennerley	22
18 – 19 May	Working with Children and Adolescents: Block 1: Introduction to Basic Skills	Jonquil Drinkwater	27
3 Jun	Understanding Clients with Complex Problems: An Introduction	Helen Kennerley	33
7 – 8 Oct	An Introduction to CBT Research: Feasible and Fun, Who Knew?	Sarah Rakovshik	49
19 Oct	An Introduction to the Concept of Trauma: Beyond PTSD	Helen Kennerley	51
7 – 8 Dec	How to be an Inspiring Trainer	Melanie Fennell	57
5 – 6 Jan 2016	Developing the CBT Service <i>You</i> Want: An Introduction to Service Development	Rachel Norris	58
22 Feb 2016	An Introduction to Working with Survivors of Childhood Trauma	Helen Kennerley	61

CBT and Trauma Workshops

The OCTC Trauma series covers a very wide breadth of trauma-related topics from general to highly specific workshops. It comprises an introduction to the concept of trauma that goes beyond PTSD, an introduction to developmental trauma and an overview of dissociation and the brain. In addition there are specific workshops that will be of interest to those who work with particular traumatised populations such as military personnel, victims of domestic violence, refugees or those who have suffered trauma and psychosis.

This trauma series draws on a number of workshops from OCTC's *Postgraduate Certificate in Psychological Trauma*. Full details of this University of Oxford linked course can be found on our website.

23 Feb	Working with Survivors of Childhood Trauma: Conceptualisation and Special Issues 1 Developmental & Systemic Understandings	Helen Kennerley	17
24 Feb	Working with Survivors of Childhood Trauma: Conceptualisation and Special Issues 2 Formulation Guided Interventions	Helen Kennerley Alison Croft	18
25 Feb	Managing Meaning by Managing Images	Helen Kennerley	18
26 Feb	Joined-Up CBT for Survivors of Childhood Trauma: Oxford 18-session Programme for Individuals, Pairs and Groups	Helen Kennerley	19
11 May	Treating PTSD in Survivors of Domestic Violence	Pippa Stallworthy	24
12 May	Working with Refugees and Asylum Seekers with PTSD	Kerry Young	24
13 May	An Introduction to Cognitive Therapy for Post-Traumatic Stress Reactions in Psychosis	Craig Steel Amy Hardy	25

14 May	Beyond Fear: Understanding & Treating Military Trauma	Martina Mueller	26
19 Oct	An Introduction to the Concept of Trauma: Beyond PTSD	Helen Kennerley	51
22 Oct	The Brain, Dissociation and Trauma	Helen Kennerley	52
22 Feb 2016	An Introduction to Working with Survivors of Childhood Trauma	Helen Kennerley	61
9 May	Trauma Focused CBT with Children & Young People	Patrick Smith	62
10 May	Working with Refugee & Asylum Seekers with PTSD	Kerry Young	63

Advanced Cognitive Therapy Studies

In conjunction with the University of Oxford, OCTC has run Advanced Cognitive Therapy Studies (ACTS) since 2004. The content of the teaching aims to meet the needs of experienced CBT practitioners who are developing their skills as CBT disseminators. Students of the course have consistently rated the quality of the training as being very high and have fed back that all the short-courses of the ACTS training have been extremely relevant to their practice. Therefore, OCTC is now making some of these popular workshops open to a wider audience. The emphasis of ACTS is the dissemination of cognitive therapy, and this is reflected in the five short-course options:

- Supervision of CBT
- Training others
- Research skills
- Developing CBT services
- Clinical updates and master classes

The open workshops reflect these five short-courses and offer introductory training in these important areas of CBT dissemination.

13 – 14 Jan	Developing the CBT Service <i>You</i> Want: An Introduction to Service Development	Rachel Norris	14
27 – 28 Apr	An Introduction to CBT Supervision (1½ days)	Helen Kennerley	22
29 Apr	Effective Supervisory Relationships: Research & Practice	Sue Clohessy	23
3 Jun	Understanding Clients with Complex Problems: An Introduction	Helen Kennerley	33
7 Jul	SoS: Supervision of Supervision	Helen Kennerley	40
8 Jul	New Modalities of Working with Depression: Mindfulness-Based Cognitive Therapy: A New Approach to Recurrent Depression	Melanie Fennell	41
9 Jul	New Modalities of Working with Depression: Imagery Rescripting in the Treatment of Major Depression	Jon Wheatley	42
16 – 17 Sep	Anxiety: Clinical Update & Masterclass	Nick Grey	45
5 – 6 Oct	The 'Newcastle' Model of Supervision	Mark Latham	48
7 – 8 Oct	An Introduction to CBT Research: Feasible and Fun, Who Knew?	Sarah Rakovshik	49
7 – 8 Dec	How to be an Inspiring Trainer	Melanie Fennell	57
5 – 6 Jan 2016	Developing the CBT Service <i>You</i> Want: An Introduction to Service Development	Rachel Norris	58

How to meet your training needs

There are several ways of benefiting from the ACTS short-courses. Students can enrol for:

- Specific workshops in the 'open workshop' series
- Entire **Short-Courses** (attendance only): these carry a University of Oxford Certificate of Attendance.
- Entire **Short-Courses** which are formally assessed: these carry University of Oxford CATS points.

For further information or queries about the open workshop series, or the ACTS short-courses, please contact Dr Helen Kennerley at helen.kennerley@oxfordhealth.nhs.uk

INTRODUCTION TO CBT COURSE (SERIES 1)

OCTC staff

January – March 2015

Part 1: Assessment & Formulation – 7th & 8th January

This workshop will give participants a grounding in the fundamental skills of using CBT. The workshop incorporates a brief introduction to basic CBT theory, but the main aim is to teach participants the CBT skills of assessing clients and producing CBT formulations, or case conceptualisations, of their problems. The workshop is focused on practical clinical skills, and therefore the bulk of the work involves role-playing. The workshop leaders will role-play clients and workshop participants in small groups will follow through the different stages of assessment, finally producing a CBT formulation for the ‘client’.

Part 2: Basic Therapeutic Skills – 26th & 27th January

This workshop builds on the Assessment and Formulation workshop, and provides an introduction to some of the basic strategies used in CBT. These include agenda setting, identifying and testing negative thoughts, using guided discovery (“Socratic questioning”), goal setting, and the use of behavioural experiments. As with Part 1, the workshop involves extensive role-playing, in order to give participants hands-on experience and feedback of clinical strategies.

Part 3: Working with Depression – 18th & 19th February

The aim of this workshop is to develop and refine some of the basic skills learned in Parts 1 and 2, and integrate them in the context of working with clients with depression. Particular issues addressed will include: engendering hope, countering withdrawal and inactivity, and dealing with negative automatic thoughts and suicidal ideation. The workshop will provide plenty of opportunity to practise therapy skills derived from the cognitive model of depression.

Part 4: Working with Common Problems – 10th & 11th March

Day 1: Panic (am); Social Anxiety (pm)

Day 2: Health Anxiety (am); OCD (pm)

These workshops build on Parts 1 & 2, and aim to give participants an introduction to specific models and ways of working with some problems commonly encountered in clinical practice. The workshops will be skills based, and give participants opportunities to practice techniques relevant to the specific problems.

These workshops are suitable for mental health professionals from any discipline who want a basic introduction to CBT skills. They have been successfully run around the country for nurses, doctors, trainee psychologists, occupational therapists, social workers and counsellors.

The workshops build on each other, and this means that you will only be accepted for Part 2 if you have attended Part 1, and you will only be accepted for Parts 3 and/ or 4 if you have attended Parts 1 & 2. You can attend either or both days of Part 4.

Level: Basic

Cost: see pricing structure on the individual application form at back of booklet (page 78)

Venue: McInnes Room, Warneford Hospital

DEVELOPING THE CBT SERVICE YOU WANT: AN INTRODUCTION TO SERVICE DEVELOPMENT

Rachel Norris

13th – 14th January 2015

Have you ever thought you would like to start a new CBT service but didn't know where to start?

Have you tried to introduce new ways of working but faced resistance or apathy from colleagues?

Have you been part of a team that successfully improved a service but the gains fizzled out?

Do you want to know how to write a business plan which will succeed?

Then this workshop is for you. It is aimed at CBT therapists who wish to learn ways of understanding, managing and consolidating service development - successfully.

It will help you:

- To build on your core CBT skills
- To develop a creative and innovative attitude
- To make a persuasive case for development
- To identify a change team and senior support
- To start to devise a realistic plan
- To expect and manage opposition
- To deliver a sustainable service.

We will use individual and group exercises, role plays, presentations and you will have the chance to present your plans to our very own Dragon's Den!

Level: Intermediate – Advanced

Cost: £250 for 2 days

Venue: Ewert House, Summertown, Oxford

COLLABORATIVE CASE CONCEPTUALIZATION: THREE PRINCIPLES AND STEPS FOR INDIVIDUALIZING EVIDENCED-BASED TREATMENTS

Willem Kuyken

15th January 2015

Case conceptualization is at the heart of cognitive-behavioural therapy (CBT) because it is where evidence-based therapies and clients' unique presentations come together. When done well conceptualization empowers clients and increases CBT's effectiveness. Yet, most CBT therapists feel that there is a gap between their knowledge and practice and that this is an area of their practice they could develop. In this workshop you will learn an approach to case conceptualization that we call *Collaborative Case Conceptualization*. Our model incorporates three key principles: collaborative empiricism, incorporation of client strengths, and levels of conceptualization. Therapist and client work collaboratively to first describe and then explain the issues a client presents in therapy. Rather than simply look at client problems, our model incorporates client strengths to maximize the opportunities not only to relieve client distress but also to build client resilience. We also illustrate two levels of case conceptualization: descriptive and explanatory and illustrate how these are co-constructed with the client to help make sense of his or her presenting difficulties, and then are used to aid the selection of targeted treatment strategies that help create meaningful change. This workshop is based on ideas Willem Kuyken developed with his two collaborators Christine Padesky and Rob Dudley, described in their 2009 book *Collaborative Case Conceptualization*. In this workshop you will see demonstrations of this new model through DVD illustrations and have a chance to use the model in role plays.

Key learning objectives:

- Methods to help clients understand presenting issues using descriptive and explanatory models of conceptualization
- How to incorporate client strengths into each phase of conceptualization & build resilience
- The importance of working collaboratively and empirically to develop, test and refine conceptualizations.

This workshop is for therapists familiar with the basic CBT approach and who wish to develop their skills in individualised case conceptualization. Therapists have said of the model "when I started to implement the many strategies ... I immediately noticed that my therapy was much sharper and effective and the client was more actively involved in the process." Previous workshop delegates have said, "It was clear and concise;" "I loved it, very informative;" "Relaxed in approach;" "I really valued role-playing collaborative case conceptualization in smaller groups;" "Real synthesis of practice and research" and "Engaging."

Level: Intermediate - Advanced

Cost: £125

Venue: McInnes Room, Warneford Hospital

DEVELOP YOUR OWN STYLE AND BECOME AN EFFECTIVE CBT THERAPIST IN ONE DAY

Simon Darnley

29th January 2015

What's the secret of comedy?

This workshop is different from many of the others on offer. It does not focus on one disorder, technique or application but rather on how; by reflecting on your own personal style you can become a more effective CBT therapist. We will examine how this can be developed and adapted in therapy, supervision and teaching. To some degree this is the “performance of CBT”. It is recognised in music that “it is possible to perform a piece of music with absolute technical mastery yet with no expressive skill whatsoever” (Sloboda, 2000). By analogy we suggest that for the best performance, or delivery of therapy, there needs to a melding of conceptual knowledge, technical skill, emotional attunement, self-reflection and being oneself. We will examine the expressive skills within the CBT therapy session that are likely to enhance engagement, motivation, compliance, and understanding of the patient or supervisee and highlight those that correlate with a possible corresponding improvement in outcome.

For the best outcomes the patient needs to feel and be part of the experience. It is feeling part of it and feeling the therapist totally understands and gets the patient and he/she is taking them on the CBT therapy journey in an engaging and safe way not just an observing audience member.

In this experiential workshop we will examine the available evidence for style and performance in therapy, as well other fields, and the link to therapist competencies. Clearly we will be ‘beyond the guidelines’, and will provide examples of various facets of style and performance including: the performance of metaphor, the use of humor, and guided discovery leading to ‘penny-drop’ moments. We also consider how we can all more clearly identify our own natural style, how it fits with our view of ourselves both as a therapist and more generally as a person, and how to use our individual strengths. We will provide some guidelines for examining our own qualities and how we may use them to enhance the therapy process.

We will end the workshop with implications for therapy, supervision and training. How understanding this process at the beginning of training may help trainees be easier on themselves; how therapy can be improved by regarding it as a metaphorical ‘performance’ and being yourself, rather than copying your supervisor or mentor; and how a supervisor will allow trainees to have their own style.

Come and be prepared to share, reflect and explore an area of your therapeutic skills that may have been previously sidelined. Oh, it's timing!

Prior reading and references can be found in the book “How to become a more effective CBT therapist: developing meta-competence in clinical practice” by Whittington & Grey, to be Published in December 2013

This workshop is open to all levels novice, intermediary, expert or master.

Level: All levels (basic – advanced)

Cost: £125

Venue: McInnes Room, Warneford Hospital

TRAUMA SERIES: WORKING WITH ADULT SURVIVORS OF CHILDHOOD TRAUMA

These workshops are suitable for clinicians working with adult survivors of childhood trauma and, together, address the major issues associated with providing therapy for this client group. Although each workshop can be taken on a 'stand alone' basis, they are intended to complement each other and provide a sound foundation for working with adult survivors of childhood trauma.

WORKING WITH SURVIVORS OF CHILDHOOD TRAUMA: CONCEPTUALISATION AND SPECIAL ISSUES 1 - DEVELOPMENTAL & SYSTEMIC UNDERSTANDINGS

Helen Kennerley

23rd February 2015

In order to fully understand our patients, we need to be able to appreciate just what perspectives a child develops during neglect and abuse. So many of our patients' beliefs and expectations will have been shaped during their sad childhood and many of these childhood perspectives will have been carried into adulthood. It is also during this time that our patients first martial their coping strategies – using the few skills and the scant knowledge that a child has in order to get through a very difficult life. These, often primitive, coping strategies are also frequently transported into adulthood – often very little changed even though they now tend to work against rather than for the patients. Strategies such as cutting, passive-aggression, clinginess and so on tend to create more difficulties than they resolve. We need to appreciate the child's perspective in order to formulate the adult's difficulties.

Often we see patients who dissociate and 'regress' in therapy or they get locked into childlike ways of viewing their world and interacting with it – they get stuck in 'developmental traps'. We need to understand these in order to develop meaningful case-conceptualisations to guide our work.

This workshop will:

- Give an overview of child development, emphasising child perspectives
- Use this to enhance compassionate developmental formulations of the adult
- Consider what the 'child' needs in order to feel safe, to feel hopeful, to feel understood
- Consider how standard CBT techniques and protocols can be made accessible to patients who are caught up in 'developmental traps'

Clinical material will be used throughout to illustrate teaching points.

Level: Intermediate – Advanced

Cost: £125

Venue: McInnes Room, Warneford Hospital

WORKING WITH SURVIVORS OF CHILDHOOD TRAUMA: CONCEPTUALISATION AND SPECIAL ISSUES 2 – FORMULATION GUIDED INTERVENTIONS

Helen Kennerley & Alison Croft

24th February 2015

Formulating or conceptualizing the problems presented by survivors of childhood trauma can be challenging. How does the clinician incorporate repeated traumatic experiences? How do past and current systemic factors fit in? How do we understand multiple problem presentations?

This workshop will help clinicians develop skills in conceptualizing the often complex case presentations of survivors of childhood abuse in a meaningful way that will give a coherent rationale for therapy.

In addition it will highlight special issues which might well need to be considered. For example, working with resilient fundamental belief systems, helping people with challenging personality traits, limiting self-damaging behaviours, monitoring on-going abuse, and addressing fear of engagement in treatment.

This workshop will cover

- Assessing and formulating the problem(s) of survivors of childhood trauma
- Conceptualising multiple problems
- Addressing relevant systemic issues
- Managing interpersonal difficulties
- Clinical treatment implications, including common pitfalls in therapy

Clinical material will be used throughout to illustrate teaching points.

Level: Intermediate – Advanced

Cost: £125

Venue: McInnes Room, Warneford Hospital

MANAGING MEANING BY MANAGING IMAGES

Helen Kennerley

25th February 2015

Childhood trauma-related images take many forms: fleeting or sustained, detailed or vague, predominantly visual or visceral, and there are many ways in which we can help patients manage them. This workshop will describe a range of ways in which intrusive images from childhood can be managed, ranging from psycho-education and using grounding techniques to cognitive and imaginal restructuring. It will draw on both neurological and psychological models of trauma and use these to illustrate the rationale for imagery-focused interventions.

This workshop will revise the neuropsychological rationale for imagery work and the formulation of problem images. Participants will then be encouraged to:

- Consider their rationale for employing different strategies: deciding when to use a particular strategy and with whom
- Reflect on the appropriate preparation for imagery work and motivating clients to engage
- Emphasise the role of visceral imagery work (transforming problem body images)
- Explore the management of images of dissociation

This is an interactive workshop involving participants in discussions and small group exercises.

Level: Intermediate – Advanced

Cost: £125

Venue: McInnes Room, Warneford Hospital

JOINED-UP CBT FOR SURVIVORS OF CHILDHOOD TRAUMA: OXFORD 18-SESSION PROGRAMME FOR INDIVIDUALS, PAIRS AND GROUPS

Helen Kennerley

26th February 2015

Group Cognitive Behavioural Therapy is an established way of delivering CBT to clients presenting with similar problems at the same time. Survivors of childhood trauma can find group treatment particularly powerful in de-stigmatizing their experiences and in defusing their sense of isolation. However we need to think carefully about:

- Who will benefit from a group experience: how to select an appropriate membership
- How we adapt CBT to meet the needs of group members

This workshop will help you decide if group therapy is relevant for your clients and, if it is, how to help them get the most out of the experience. It will introduce an 18-session programme which has been developed in Oxford, for group use but which is also appropriate for use with individuals and pair therapy (two clients working together). The programme comprises:

- Formulating problems
- Creating safety: groundwork
- Dealing with blame, anger, speaking out
- Dealing with relationships
- Relapse management

This is an interactive workshop involving participants in discussions and small group exercises.

Level: Intermediate – Advanced

Cost: £135*

Venue: McInnes Room, Warneford Hospital

*The workshop price includes the OCTC Workbook: “Recovering from Childhood Abuse” (Kennerley et al 2014)

A BEGINNER'S GUIDE TO PSYCHOSIS & BIPOLAR

Louise Isbam

12th March 2015

Have you ever felt confused by the array of terms and diagnoses associated with psychosis and bipolar disorders? Or wondered how a cognitive model might be relevant and helpful with these presentations? Are you interested in working in this area but feel uncertain how to talk to people with Psychosis or Bipolar disorder about their experiences and whether or not you can adapt your generic clinical skills for use with these populations?

This introductory workshop is for those new to working with Psychosis and Bipolar and who want to get to grips with some basics.

By the end of the workshop participants will:

- Have an understanding of the types of experiences people with Bipolar and Psychosis can have, and be familiar with different terms and diagnoses.
- Be aware of some key theories explaining why people experience symptoms associated with bipolar and psychosis.
- Understand the way in which basic clinical skills might need to be adapted when working with this population.
- Have developed and practiced skills for engaging and assessing clients with these diagnoses. This will include "Top Tips" on how to manage difficult situations such as when a client is hard to engage, when they become paranoid in the session, or if other psychotic or bipolar symptoms interfere with the assessment process.

This workshop is suitable for those who are new to CBT or those with some experience of CBT but who are new to working with people with Psychosis and Bipolar.

Level: Basic

Cost: £125

Venue: McInnes Room, Warneford Hospital

THE UNIVERSITY OF OXFORD DEPARTMENT OF PSYCHIATRY IN COLLABORATION WITH
THE OXFORD COGNITIVE THERAPY CENTRE ARE DELIGHTED TO PRESENT A LAUNCH
EVENT FOR THE

WORRY INTERVENTION TRIAL (WIT) IN PSYCHOSIS

Daniel Freeman, Graham Dunn, David Kingdon, Helen Mander, Katherine Pugh, Helen Startup

19th March 2015

The past ten years has seen a transformation in the psychological understanding of delusions in psychosis. This knowledge is now being put into clinical practice. Join the research team for the launch of the results of a highly innovative new clinical trial for persecutory delusions: the Worry Intervention Trial (WIT). Tested in a trial with 150 patients with persistent persecutory delusions, a six session, highly manualised treatment for worry led to important improvements in patient well-being, and reductions in worry, paranoia, and overall levels of psychiatric symptoms. WIT research team members will present detailed descriptions of the trial, review the nature of worry in psychosis, and describe the therapy in practice. One half of the day will be given to detailed description of the intervention and the treatment manuals will be made available to attendees.

This launch event will be held at University College Oxford, one of the oldest colleges of the University of Oxford. Accommodation will be available in the college (cost not included in the day rate for the event). For up-to-date information about accommodation and dinner for this WIT launch, please see our website: www.octc.co.uk

Level: All levels (Basic – Advanced)

Cost: £90

Venue: University College, 90 High Street, Oxford

AN INTRODUCTION TO CBT SUPERVISION

Helen Kennerley

27th – 28th April 2015 (1½ day workshop)

Supervision is regarded as crucial in developing and maintaining adequate standards of CBT and given the demands of professional registration, improved access to psychological therapies and clinical governance, there is an increased expectation that clinicians are offered sound supervision in CBT. Therefore, we are pleased to be able to offer an introductory workshop which focuses on developing and refining the essential skills of CBT supervision. The workshop aims to help you become a 'good' supervisor. It will:

- Review how you can best prepare yourself as a supervisor
- Present the empirical base for CBT supervision
- Review CBT supervision competencies
- Emphasise the core skills of supervision
- Review key models of supervision
- Explore how you can optimise your practice by also considering process issues in supervision and developing the supervisory alliance.

The workshop will also involve 'live' supervision sessions and, by the end of it attendees will have developed their own critically appraised guidelines for good practice.

It is assumed that attendees will be familiar with CBT models and methods and will have experience of CBT practice.

Recommended reading: Kennerley & Clohessy (2010) *Becoming a Supervisor in: Oxford Guide to Surviving as a CBT Therapist* Ed Mueller et al (O.U.P)

Level: Intermediate – Advanced

Cost: £190 for 1½ days

Venue: Ewert House, Summertown, Oxford

EFFECTIVE SUPERVISORY RELATIONSHIPS: RESEARCH AND PRACTICE

Sue Clobessy

29th April 2015

We know well that supervision is a vital part of the training and practice of all psychological therapies, and now there is a growing body of evidence suggesting that the supervisory relationship (SR) is an essential part of effective supervision. To carry out effective supervision, you need to be able to establish a sound supervisory relationship and this workshop will show you how to achieve this.

This interactive presentation will:

- give you an opportunity to reflect on and consider your own role within the supervisory relationship
- present recent theory and research on the supervisory relationship, both from the perspective of supervisees and supervisors,
- focus on the factors which make them work well and what contributes to them working less effectively,
- address how supervisors resolve problems in the alliance.

There will be plenty of opportunities for discussion and small group exercises, and for participants to reflect on their own experiences of effective and less effective supervisory relationships. Strategies for noticing, naming and resolving difficulties will also be explored.

The presenters are both supervisors on the Oxford Doctoral course in Clinical Psychology. They each have a wealth of experience in researching and developing the supervisory relationship and have been involved in five studies on supervision in clinical psychology carried out in Oxford.

Level: Intermediate – Advanced

Cost: £130

Venue: Ewert House, Summertown, Oxford

TRAUMA SERIES:
WORKING WITH ADULTS TRAUMA SURVIVORS: SPECIALIST CIRCUMSTANCES

These workshops are suitable for clinicians working with adult survivors of trauma that requires a specialist understanding of the specific trauma or circumstances in which the trauma occurs.

TREATING PTSD IN SURVIVORS OF DOMESTIC VIOLENCE

Pippa Stallworthy

11th May 2015

Although survivors of domestic violence have high rates of mental health problems (PTSD 64%, depression 48% and a suicide rate of 18%, Golding 1999) the treatment needs of this population have received relatively little attention by mental health services. PTSD in domestic violence survivors occurs in the context of a betrayal of trust and often chronic trauma. There may be issues of on-going risk to both women and children. Substance misuse is common. These issues can present challenges to services and clinicians. This workshop aims to build your skills and confidence in working with this population by highlighting the key practical and psychological issues to help you design and deliver safe and effective PTSD treatment.

This workshop will be particularly useful for those with some knowledge of the cognitive model of PTSD (Ehlers and Clark, 2000) and some experience of treating PTSD.

Dr. Pippa Stallworthy worked in a women's refuge before undertaking clinical training and has twelve years' experience of working with trauma survivors. She is the Clinical Lead for the Traumatic Stress Service in South West London and St George's Mental Health NHS Trust

Level: Intermediate – Advanced

Cost: £130

Venue: McInnes Room, Warneford Hospital

WORKING WITH REFUGEES AND ASYLUM SEEKERS WITH PTSD

Kerry Young

12th May 2015

This workshop will aim to give participants a theoretical and practical framework for the cognitive-behavioural assessment and treatment of refugees and asylum seekers with PTSD. Topics covered will be:

- Epidemiological information
- The Asylum process and how best to assist your clients within it
- Working with interpreters
- Cultural modifications of CBT
- What to consider at assessment
- What theoretical framework to use for formulation
- Treatment planning

- How to do reliving and narrative treatments with people who have experienced multiple traumatic events
- Outcome research in this area
- How to address some of the cognitive themes common in this group e.g. mistrust, anger and shame

The workshop will involve formal presentations, case discussion, video role-play and group discussion.

Level: Intermediate – Advanced

Cost: £130

Venue: McInnes Room, Warneford Hospital

AN INTRODUCTION TO COGNITIVE THERAPY FOR POST-TRAUMATIC STRESS REACTIONS IN PSYCHOSIS

Craig Steel & Amy Hardy

13th May 2015

There is an established evidence base and treatment recommendations for CBT for PTSD and psychosis. However, people with psychosis often have significant histories of trauma, including being traumatised by their symptoms or their consequences. Post-traumatic stress in psychosis is associated with worse outcomes, and can complicate understanding and intervening effectively to support people's recovery. This workshop will help you rise to that challenge by drawing on recent evidence to provide a framework for formulating and intervening with this client group. An overview of trauma-focused CBT for psychosis techniques will be provided, illustrated with case material and experiential practice.

Workshop attendees will:

- update knowledge on the evidence base for the impact of trauma on psychosis
- be introduced to recent conceptualisations of post-traumatic stress in psychosis
- learn how to use these conceptualisations to formulate cases and inform treatment planning
- practice a range of techniques for working with post-traumatic stress reactions in psychosis

The workshop is aimed at those who have at least a basic knowledge of cognitive behaviour therapy for PTSD and psychosis, and who wish to develop their skills in using cognitive behavioural formulations and techniques for working with people affected by post-traumatic stress reactions in psychosis.

The content will include didactic teaching, case discussion, role play and small group exercises.

Level: Intermediate – Advanced

Cost: £130

Venue: McInnes Room, Warneford Hospital

BEYOND FEAR: UNDERSTANDING AND TREATING MILITARY TRAUMA

Martina Mueller

14th May 2015

The psychological injuries following deployment in conflict zones are diverse, often cumulative and extend beyond high threat to self. They include exposure to horrific losses, extreme human suffering and moral injury caused by witnessing or the perception of perpetration of immoral acts. These experiences occur in a context of military training and culture which will shape post-traumatic responses and coping styles. Reintegration post-deployment, whether as a soldier or re-entering civilian life, brings with it the need to renew a sense of safety, trust and connection to the civilian world. Therapists need to adapt evidence-based interventions to respond efficiently and effectively to these complex clinical demands efficiently and effectively.

The workshop will build therapists' confidence in safely addressing the specific needs of traumatized veterans and serving personnel including:

- How to work with cumulative trauma
- How to work with common cognitive themes including killing versus murder, participation v observation, responsibility, and mental contamination
- Adaptation to safety and the civilian world
- Traumatic grief and living with loss

The workshop will use a variety of teaching methods and clinical material will be used throughout to illustrate teaching points.

Level: Intermediate - Advanced

Cost: £130

Venue: McInnes Room, Warneford Hospital

CBT WITH CHILDREN AND ADOLESCENTS

Jonquil Drinkwater, Anne Stewart., Polly Waite & Patrick Smith

May 2015 – May 2016

This well established course shows you how to use CBT with young persons. It is a brief but comprehensive series, divided into four blocks, with an additional day of supervision training. The first block covers basic skills, while subsequent workshops are at an intermediate level. Blocks 2-4 address working with core beliefs and imagery, family aspects of CBT and CBT for anxiety, for depression and for eating disorders. For those who are experienced in child and adolescent CBT there is also a one-day training in the supervision of child and adolescent work.

These workshops are suitable for child and adolescent mental health professionals of any discipline. The workshops build on each other, and this means that you are encouraged to attend Block 1, or to have previous experience in using CBT, before taking Blocks 2, 3 & 4.

Block 1: Introduction to Basic Skills for Children & Adolescents

Jonquil Drinkwater

18th – 19th May 2015 (two-day workshop)

Day 1: Assessment, Formulation and Identifying negative thoughts

This workshop aims to provide the participants with some of the fundamental skills in using CBT with children and adolescents. The workshop includes an introduction to basic CBT theory and how to explain the cognitive model to young people. It describes cognitive and behavioural techniques and the issues around applying CBT to young people. It looks at how to assess whether CBT is a suitable treatment for a young person and outlines criteria for when to use it. It teaches skills in assessment and how to produce a CBT formulation of the problems. The workshop teaches how to identify negative thoughts.

Day 2: Modifying negative thoughts with individuals and in a group format

This workshop aims to provide the participants with some of the fundamental skills in modifying negative thoughts. The workshop will include using guided discovery (or Socratic questioning). It will look at different ways of modifying negative automatic thoughts including finding alternatives and taking action to test thoughts through behavioural experiments. It will look at doing CBT with both individuals and with groups. It will cover key elements of CBT in a group format and participants will have the opportunity to role play leading a CBT group. The workshop will also look at a model of parental attributions and engagement in treatment of parents who have been unable to modify their children's behaviour. It will outline interventions to increase parental motivation and prevent dropout.

Level: Basic

Cost: £270, incl. lunch, for 2 days (both days must be attended)

Venue: Dalgarno Lecture Theatre, Unipart Conference Centre, Oxford

Block 2: Expanding Basic Skills for Children & Adolescents

Anne Stewart & Jonquil Drinkwater

1st & 2nd July 2015

Day 1: Involving the family in CBT with children and adolescents (Anne Stewart)

Working with children and young people inevitably means taking account of family factors. This workshop aims to equip participants with the ability to incorporate families within formulations and treatment in a productive way.

Different ways of working with families will be discussed, including working cognitively with parents, involving parents as co-therapists, utilising the parents as a resource for the young person, as well as working with whole families using a cognitive-behavioural perspective. There will also be discussion of the role of families within the treatment of particular disorders such as anxiety disorders, depression, OCD and eating disorders.

This workshop will be interactive with opportunity to discuss case scenarios and try out skills.

Reading:

Koch, C., Stewart, A. & Stuart, A. (2010) Systemic aspects of CBT, in M. Mueller, H. Kennerley, F. McManus, D. Westbrook (Eds.) *Surviving as a CBT therapist*. Oxford University Press.

Level: Intermediate

Cost: £140, incl. lunch (or £270 for two days if booked together with 2nd July 2015)

Venue: Dalgarno Lecture Theatre, Unipart Conference Centre, Oxford

Day 2: Identifying and modifying images and beliefs (Jonquil Drinkwater)

This workshop will develop the basic skills learnt in the previous workshops and expand them to working with beliefs and with imagery. It will look at identifying images and then outline methods of transforming images in young people. It will also look at identifying beliefs and various methods for modifying beliefs such as using positive data logs, continua, flash cards and the prejudice model. The workshop is focussed on practical skills and there is work in pairs as well as small group work.

Level: Intermediate

Cost: £140, incl. lunch (or £270 for two days if booked together with 1st July 2015)

Venue: Dalgarno Lecture Theatre, Unipart Conference Centre, Oxford

Block 3: Working with Anxiety in Young People

Polly Waite

19th – 20th October 2015 (two-day workshop)

The next two blocks will build on the skills learnt in previous workshops and aim to introduce participants to specific models and ways of working with anxiety, depression and eating disorders in children and adolescents.

Working with Anxiety in Young People

This 2-day workshop will provide an overview of the development and maintenance of the most common anxiety disorders (Generalised Anxiety Disorder, Separation Anxiety Disorder, Social Anxiety Disorder and Specific Phobia) in children. It will review the current literature on what we know about anxiety disorders in young people, such as the role of genes, parental involvement and life events and evidence for treatment effectiveness (and the factors that are related to treatment outcome). The focus of the training will be on current approaches to the assessment and treatment of anxiety in young people using the CBT framework. It will consider different tools and techniques that can be helpful in assessment. It will then go on to outline evidence-based treatment approaches (e.g. Kendall and Hedtke, 2006; Rapee and Wignall, 2002) to work with young people and family members (e.g. Creswell and Willetts, 2007). It will provide specific information regarding session structure, treatment tools and clinical issues and this will be related to case material. The workshop will use audio and video clips and will be skill based, giving participants the opportunity to practice techniques. It is suitable for therapists of all levels of experience.

Reading:

Cartwright-Hatton, S., Roberts, C., Chitsabesan, P., Fothergill, C. & Harrington, R. (2004). Systematic review of the efficacy of cognitive behaviour therapies for childhood and adolescent anxiety disorders. *British Journal of Clinical Psychology*, 43, 421-436.

Creswell, C. & Willetts, L. (2007). *Overcoming your child's fears and worries*. Constable Robinson: London.

Rapee, R. M., Lyneham, H. J., Schniering, C. A., Wuthrich, V., Abbot, M. A., Hudson, J. L., et al. (2006). *The Cool Kids Child and Adolescent Anxiety Program Therapist Manual*. Centre for Emotional Health, Macquarie University: Sydney.

Silverman, W. K. & Field, A.P. (2011). *Anxiety disorders in children and adolescents*. Cambridge: Cambridge University Press.

Silverman, W.K. & Ollendick, T.H. (2005) Evidence-based assessment of anxiety and its disorders in children and adolescents. *Journal of Clinical and Adolescent Psychology*, 34, 3, 380-411.

Level: Intermediate

Cost: £260, for 2 days (both days must be attended)

Venue: McInnes Room, Warneford Hospital

Block 4: Working with Depression and Eating Disorders

Jonquil Drinkwater & Anne Stewart

2nd & 3rd December 2015

2nd December - Working with Depression (Jonquil Drinkwater)

This workshop aims to help participants develop the skills to treat young people with depression. Beck's cognitive model of depression will be outlined and a 5 stage interventions for depression will be described. The five stages are: engagement and simple cognitive strategies, formulation, behavioural work, cognitive change and relapse prevention. The various aspects of treatment will be outlined and there will be opportunity to practice the skills and discuss them with the group. As we will be practising doing individual formulations based on this model it would be helpful to come prepared with a case to discuss.

As part of the workshop we will be looking at behavioural activation and doing an exercise setting up and implementing an intervention. We will look at ways of modifying negative thoughts and beliefs about the self, others and the world that are at the heart of depression. An additional module will be outlined on self harm and suicidal behaviour.

Level: Intermediate

Cost: £140, incl. lunch (or £270 for two days if booked together with 3rd December 2015)

Venue: Dalgarno Lecture Theatre, Unipart Conference Centre, Oxford

3rd December - Working with Eating Disorders (Anne Stewart)

Working with young people with eating disorders can be difficult and time consuming. Family based treatment is the main form of treatment recommended by NICE. However, there is increasing evidence that a cognitive-behavioural approach can be helpful with some young people with eating disorders. This workshop will present an overview of CBT for eating disorders and aims to develop participants' skill in this area. The CBT presented in this workshop will be based on CBT-E, a form of CBT developed by Chris Fairburn and colleagues for adults across a range of different eating disorder diagnoses (Fairburn, 2008), but adapted specifically for use with young people within the context of their families. The workshop will cover the criteria for using CBT in this age group, specific CBT skills, managing risk, as well as how to incorporate the individual work within a wider family approach. Theoretical presentations, case vignettes, role plays and small and large group discussion will be used to facilitate learning.

Reading:

Fairburn, C. (2008) *Cognitive Behaviour Therapy and Eating Disorders*. Guildford Press.

Level: Intermediate

Cost: £140, incl. lunch (or £270 for two days if booked together with 2nd December 2015)

Venue: Dalgarno Lecture Theatre, Unipart Conference Centre, Oxford

SUPERVISION IN CAMHS: COMPLEXITIES, MODELS AND PRACTICAL ASPECTS

Anne Stewart

11th February 2016

With increasing interest in CBT models for children and adolescents there is a need to develop supervision models and practice which takes account of the complexities in this age group. This practical workshop aims to develop the skills of participants in providing supervision for clinicians working with this age group. During the workshop there will be opportunity to hear about supervision models and theoretical approaches and how they can be applied to clinical practice, to discuss dilemmas experienced in supervision, and to try out different ways of working through practical exercises

Level: Intermediate

Cost: £130

Venue: McInnes Room, Warneford Hospital

TRAUMA FOCUSED CBT WITH CHILDREN & YOUNG PEOPLE

Patrick Smith

9th May 2016

PTSD is a common problem among young people in the UK. By the end of adolescence, around 75% of youth will have experienced at least one potentially traumatic event; and around 15% of them will develop persistent PTSD. Untreated, PTSD may run a chronic course for many years, and is associated with reduced quality of life, impaired social and academic functioning, poor physical health, increased suicidal behavior, and significant comorbidity. Evidence from independent research groups worldwide shows that PTSD is a very treatable condition: Trauma-Focused CBT is a highly effective treatment, and is recommended as the treatment of choice for children and young people with PTSD.

In this workshop, participants will be able to update their skills in:

- how to carry out trauma-focused assessment and formulation with young people and families
- how to plan and deliver individually tailored Trauma-Focused CBT with children and families

In this practical skills-based workshop, evidence regarding children's appraisals and coping, the nature of their trauma memories, and family functioning in the aftermath of trauma will be reviewed. The workshop will then cover, in detail: how to carry out trauma-focused assessment and derive an idiosyncratic cognitive formulation; and how to implement key treatment components of TF-CBT with young people, including imaginal reliving, updating traumatic memories, working with triggers, and working with families. The emphasis will be on individual, formulation-driven TF-CBT. Adaptions needed for children exposed to multiple and repeated traumas will be discussed. Protocols for working with very young preschool children will also be demonstrated.

Level: Intermediate

Cost: £130

Venue: Ewert House, Summertown, Oxford

UNDERSTANDING CLIENTS WITH COMPLEX PROBLEMS: AN INTRODUCTION

Helen Kennerley

3rd June 2015

Understanding clients' problems is relatively easy when the problems are straightforward but far more challenging when, for example, clients have more than one diagnosis, they have a personality disorder and/or because their problems are wide-ranging, long-standing and chronic. In such instances it is often difficult to maintain a coherent focus and a consistent approach and it can feel as though we are not able to use CBT skills and knowledge to the client's best advantage.

Using a case study for illustration, Helen will explain how complex problems can be understood and formulated, and how CBT can be used creatively and productively. She will draw on the cognitive model to provide a framework for understanding and treating those with complex problems and will emphasise that problems are easier to resolve when therapists make sue of collaborative formulation work, and when they understand how to work with inflexible beliefs and behaviours.

This workshop will build your confidence in understanding clients with complex problems by enhancing your knowledge of:

- Formulating complex problems
- Addressing difficulties in the therapeutic alliance
- Recognising inflexible beliefs and behaviours
- Deciding where to start and how to get the most out of your CBT skills
- Developing a coherent and consistent approach despite shifting problems

Helen has much experience working with clients with complex problems and will be using clinical material to illustrate teaching points, and participants will be involved in discussion exercises and role play.

Level: Intermediate – Advanced

Cost: £130

Venue: Ewert House, Summertown, Oxford

URGES, IMPULSES AND COMPULSIONS: UNDERSTANDING AND MANAGING SELF-INJURIOUS BEHAVIOURS

Helen Kennerley

4th June 2015

Even an experienced clinician can feel de-skilled and alarmed when patients self-harm, or seem on the brink of it. This workshop will help you make sense of self-injurious behaviours and to conceptualize them in ways that will inspire ideas for effective intervention.

You will be given practical suggestions for understanding and working with adults who self-harm and common therapeutic challenges will be addressed. In particular, the workshop will enable you to:

- Review the wide variety of presentations of self-harm
- Discuss ways of recognising subtle forms of self-harm
- Understanding why it makes sense to your patient
- Formulating self-injurious behaviours
- Engage patients who are ambivalent or who have complex difficulties
- Dealing with therapist issues

Helen will introduce a simple cognitive model of self-injurious behaviours that will guide you in your understanding of your patient and in planning your interventions. This can be found in her chapter: *Self-injurious Behaviours* in *The Oxford Guide to Behavioural Experiments in Cognitive Therapy* (edited by Bennett-Levy et al., OUP, 2004).

The workshop format will combine case material and didactic presentations. There will be opportunities to discuss how the workshop material can be used to improve clinical practice.

Level: Intermediate - Advanced

Cost: £130

Venue: McInnes Room, Warneford Hospital

CBT GROUPS

Debbie Brewin & Joanne Ryder

17th June 2015

There is increasing evidence for the effectiveness of CBT in groups and delivery of treatment in this way can ensure a more prompt access to services. It is also recommended in the NICE guidelines as part of the IAPT Stepped Care approach in Primary Care. Consideration of this may lead to questions such as:

- What skills are needed to deliver CBT in a group setting?
- Who is suitable for groups and how do I decide?
- How do I manage diversity within a group?

This is an experiential, practical workshop designed to equip participants with the necessary skills to plan, design and carry out group CBT for anxiety disorders and depression. We will also consider how CBT delivered in a group format can be applied to other conditions in both Primary and Secondary Care settings.

The interactive format will include video demonstrations and live practice. Content will include:

- Theoretical evidence base for Group CBT
- Developing relevant objectives and protocols for groups
- Practical tips for setting up groups
- Translating CBT skills and techniques to a group setting
- Managing the group process and challenging clients
- Creative solutions to obstacles and common difficulties
- Useful resources

The workshop is aimed primarily at Practitioners who are new to CBT in groups, however it is also relevant to more experienced therapists who wish to increase the likelihood of running successful groups by exploring challenges with the workshop leaders.

Level: Basic - Intermediate

Cost: £130

Venue: McInnes Room, Warneford Hospital

CBT GROUP SUPERVISION

Helen Kennerley

18th June 2015

Much CBT supervision is delivered to small or large groups and this workshop considers how to best combine what we know about the good practice of supervision with our knowledge of group dynamics, so that we can maximize the benefits of the group setting.

It will address:

- The basics of 'good' supervision
- Similarities with, and differences from, individual supervision
- Group dynamics
- A range of models of group supervision
- The challenges of group supervision
- Maximising the benefits of group supervision: developing the necessary supervisor skills

Attendees will take part in 'live' supervision and so will be able to use their own case material within the workshop.

Level: Advanced

Cost: £130

Venue: McInnes Room, Warneford Hospital

WORKING WITH PSYCHOSIS: AN INTRODUCTION TO CBT FOR DELUSIONS

Louise Isbam

22nd June 2015

This workshop provides an overview of the key principles of using CBT with people with psychotic delusions. It starts by considering “what are delusions?” and thinking about when we should (and should not!) work with them using CBT. Key cognitive models underpinning this type of work are considered, and there is then a substantial focus on skills development. In particular, participants will have the opportunity to develop and practice CBT assessment, formulation and intervention techniques that can be used when working with people with delusional beliefs. The presenter will use a range of teaching methodologies (including didactic, experiential learning, and video) and there will be ample opportunity to ask questions, thus enabling participants to tailor the theory and techniques to meet personal need.

This workshop is suitable for mental health professionals who already have a reasonable grounding in general CBT techniques, but who are either new to using CBT with people with psychosis, or who have experience but would like a revision of this area of work.

Level: Intermediate

Cost: £130

Venue: McInnes Room, Warneford Hospital

***Please note:** These are a pair of workshops (22 & 23 Jun) focussing on CBT for Psychosis. They are most comprehensive when attended together, although participants are able to book a single workshop if preferred. There is inevitably some information that is pertinent to both days (e.g. some of the cognitive models, and certain techniques e.g. using behavioural experiments). Where this is the case, different applications/examples will be used to ensure that participants attending both days will maximise learning and will not be subject to excessive repetition of information.*

WORKING WITH PSYCHOSIS: AN INTRODUCTION TO CBT FOR VOICES

Louise Isbam

23rd June 2015

This workshop follows on from the previous day's workshop ("Working with Psychosis: an Introduction to CBT for delusions"). It provides an overview of the key principles of using CBT with people experiencing distressing psychotic voices.

Possible explanations as to why people hear voices are introduced, and key cognitive models are considered. As in the previous workshop, there is a substantial focus on skills training and participants will be given the opportunity to develop and practice CBT assessment, formulation and intervention techniques pertinent to working with voices (including working with command hallucinations). The presenter will use a range of teaching methodologies (including didactic, experiential learning, and video) and there will be ample opportunity to ask questions, thus enabling participants to tailor the theory and techniques to meet personal need.

This workshop is suitable for mental health professionals who already have a reasonable grounding in general CBT techniques, but who are either new to using CBT with people with psychosis, or who have experience but would like a revision of this area of work.

Level: Intermediate

Cost: £130

Venue: McInnes Room, Warneford Hospital

***Please note:** These are a pair of workshops (22 & 23 Jun) focussing on CBT for Psychosis. They are most comprehensive when attended together, although participants are able to book a single workshop if preferred. There is inevitably some information that is pertinent to both days (e.g. some of the cognitive models, and certain techniques e.g. using behavioural experiments). Where this is the case, different applications/examples will be used to ensure that participants attending both days will maximise learning and will not be subject to excessive repetition of information.*

CBT TREATMENT OF WORRY FOR PATIENTS WITH PERSECUTORY DELUSIONS: AN EVIDENCE-BASED LOW-INTENSITY COGNITIVE BEHAVIOURAL INTERVENTION FOR PSYCHOSIS

Helen Mander & Katherine Pugh

24th June 2015

Persecutory delusions are a common, distressing and persistent occurrence. Research has shown that people with persecutory delusions experience high levels of worry and this predicts the occurrence of paranoid thoughts and increases delusional distress.

The worry intervention was developed to target worry in people with persecutory delusions using cognitive behavioural techniques. A recent RCT has demonstrated its effectiveness in reducing worry in this population and also reducing distress associated with paranoia and improving levels of wellbeing (Freeman et al., submitted for publication). It is an engaging and effective stand-alone therapy which is popular with patients.

The workshop describes the theoretical and empirical background to the intervention. Using presentation, role play, video examples and case studies, participants will observe and practice skills including monitoring, psychoeducation, developing and sharing maintenance formulations, use of worry-limiting strategies and relapse management. By the end of the workshop, participants should be able to confidently use the six-session intervention with their own clients.

The workshop is particularly suitable for health professionals who have some experience of working with adults with psychosis and the underlying principles of CBT.

Freeman, D., Dunn, G., Startup, H. & Kingdon, D. (2012). The effects of reducing worry in patients with persecutory delusions: study protocol for a randomized controlled trial. *Trials*. Vol. 13.

Freeman, D. & Freeman, J. (2013). *How to Keep Calm and Carry On: Inspiring Ways to Worry Less*. London: Pearson.

Level: Basic - Intermediate

Cost: £130

Venue: McInnes Room, Warneford Hospital

SoS: SUPERVISION OF SUPERVISION

Helen Kennerley

7th July 2015

With the advent of Pilling and Roth's (2008) guidelines for competent supervision, the need for consistent and high level supervision across clinical services (particularly IAPT services), and the BABCP's move towards accreditation of CBT supervisors, supervision competency has become prominent within CBT.

Quite rightly, there is now recognition within the BABCP that CBT supervisors should receive high quality training and supervision - yet there remains little to guide us on the supervision of supervisors. This workshop offers an opportunity to explore the implications of Supervision of Supervision (SoS). Participants will be able to explore:

- The needs of supervisors;
- The goals of SoS;
- The means of achieving these goals and enhancing supervision skills in others;
- Ways of assessing and evaluating supervision skills, both formative and summative.

There will be opportunities to practice supervision of supervision within the workshop. It is assumed that attendees have experience in supervising other mental health therapists and will be able to draw on their own experiences of being a supervisor.

Level: Advanced

Cost: £ 130

Venue: Ewert House, Summertown, Oxford

NEW MODALITIES OF WORKING WITH DEPRESSION: MINDFULNESS-BASED COGNITIVE THERAPY: A NEW APPROACH TO RECURRENT DEPRESSION

Melanie Fennell

8th July 2015

Mindfulness-based cognitive therapy (MBCT) represents an integration between two very different traditions: the eastern tradition of insight meditation, founded in Buddhism, and the more recent western tradition of cognitive and clinical science. From those intending to teach MBCT, both traditions deserve equal understanding, appreciation and respect.

This workshop invites participants to explore the “C” side of MBCT. In what ways is cognitive therapy similar to mindfulness based approaches, and in what ways is it different? What are the cognitive elements included in the programme? What are their intentions? More broadly, how does the cognitive model of human functioning underpin the theory and practice of MBCT? And conversely, how do MBCT in general, and intensive mindfulness meditation training in particular, address elements of the model in relation to recurrent depression?

The workshop will be both interactive and experiential, and offer opportunities for participants to “taste” elements of mindfulness-based cognitive therapy for themselves, and for discussion and debate.

Level: Intermediate

Cost: £ 130

Venue: Ewert House, Summertown, Oxford

NEW MODALITIES OF WORKING WITH DEPRESSION: IMAGERY RESCRIPTING IN THE TREATMENT OF MAJOR DEPRESSION

Jon Wheatley

9th July 2015

Increasingly, research tells us that mental imagery has an important role to play in cognitive theory and therapy. Recent years have seen an explosion of research and clinical activity that shows just how mental imagery can enhance the effectiveness of CBT, particularly when patients are depressed. This workshop will show you how you can use imagery rescripting in the treatment of Major Depressive Disorder (MDD). Recent research evidence will be summarized and detailed case examples will be given. You will gain a practical understanding of how best to incorporate imagery techniques into your clinical practice.

Although MDD will be the main focus of this workshop, do remember that imagery methods and techniques are relevant to many disorders so you will learn a range of skills that can be applied to different client groups.

Dr. Jon Wheatley has been actively involved in research on Imagery & Depression and was recently the lead therapist on an MRC study of imagery.

Suggested reading:

Wheatley, J. & Hackmann, A. (2011) Using Imagery Rescripting to treat major depression: Theory and practice. *Cognitive and Behavioural Practice*, 18, 4, 444-453.

Wheatley, J., Hackmann, A., & Brewin, C. (2009) Imagery rescripting for intrusive sensory memories in major depression following traumatic experiences. In Nick Grey (Editor) *A Casebook of Cognitive Therapy for Traumatic Stress Reactions*. Routledge.

Brewin, C., Wheatley, J., Patel, T., Fearon, P., Hackmann, A., Wells, A., Fisher, F., & Myers, S. (2009) Imagery rescripting as a brief stand-alone treatment for depressed patients with intrusive memories. *Behaviour Research and Therapy*.

Wheatley, J., Brewin, C.R., Patel, T., Hackmann, A., Wells, A., Fisher, P. & Myers, S. (2007) "I'll believe it when I see it": Imagery rescripting of intrusive sensory memories in depression. *Journal of Behavior Therapy and Experimental Psychiatry*, 38, 4, 371-385.

Level: Intermediate

Cost: £ 130

Venue: Ewert House, Summertown, Oxford

INTRODUCTION TO CBT COURSE (SERIES 2)

OCTC staff

September – November 2015

Part 1: Assessment & Formulation – 1st & 2nd September

This workshop will give participants a grounding in the fundamental skills of using CBT. The workshop incorporates a brief introduction to basic CBT theory, but the main aim is to teach participants the CBT skills of assessing clients and producing CBT formulations, or case conceptualisations, of their problems. The workshop is focused on practical clinical skills, and therefore the bulk of the work involves role-playing. The workshop leaders will role-play clients and workshop participants in small groups will follow through the different stages of assessment, finally producing a CBT formulation for the ‘client’.

Part 2: Basic Therapeutic Skills – 28th & 29th September

This workshop builds on the Assessment and Formulation workshop, and provides an introduction to some of the basic strategies used in CBT. These include agenda setting, identifying and testing negative thoughts, using guided discovery (“Socratic questioning”), goal setting, and the use of behavioural experiments. As with Part 1, the workshop involves extensive role-playing, in order to give participants hands-on experience and feedback of clinical strategies.

Part 3: Working with Depression – 13th & 14th October

The aim of this workshop is to develop and refine some of the basic skills learned in Parts 1 and 2, and integrate them in the context of working with clients with depression. Particular issues addressed will include: engendering hope, countering withdrawal and inactivity, and dealing with negative automatic thoughts and suicidal ideation. The workshop will provide plenty of opportunity to practise therapy skills derived from the cognitive model of depression.

Part 4: Working with Common Problems – 9th & 10th November

Day 1: Panic (am); Social Anxiety (pm)

Day 2: Health Anxiety (am); OCD (pm)

These workshops build on Parts 1 & 2, and aim to give participants an introduction to specific models and ways of working with some problems commonly encountered in clinical practice. The workshops will be skills based, and give participants opportunities to practice techniques relevant to the specific problems.

These workshops are suitable for mental health professionals from any discipline who want a basic introduction to CBT skills. They have been successfully run around the country for nurses, doctors, trainee psychologists, occupational therapists, social workers and counsellors.

The workshops build on each other, and this means that you will only be accepted for Part 2 if you have attended Part 1, and you will only be accepted for Parts 3 and/ or 4 if you have attended Parts 1 & 2. You can attend either or both days of Part 4.

Level: Basic

Cost: see pricing structure on the individual application form at back of booklet (page 78)

Venue: McInnes Room, Warneford Hospital



FORGING NEW FRONTIERS IN CBT: AN AUDIENCE WITH CBT PIONEERS – ONE-DAY CONGRESS



11th September 2015

Oxford has been fortunate in being closely associated with CBT pioneers. In the 1980s and 1990s, when Beck was a regular visitor here, we saw the development of key models in anxiety and eating disorders; we witnessed the very successful establishment of the Oxford Postgraduate Diploma in CBT along with the founding of OCTC, itself.

The tradition has continued into the 21st century with the establishment of trans-diagnostic CBT, research into the effect Mindfulness-based CBT, the world's first Diploma/MSc in Advanced Cognitive Therapy Studies (ACTS), a CBT model of low self-esteem, research on imagery and its application to therapy and more.

This year, OCTC is delighted to invite past, present and future “Oxonians” who have contributed to changing the face of CBT.

Presenters include (titles to be confirmed):

- Dr Gillian Butler
- Professor David Clark
- Professor Daniel Freeman
- Professor Emily Holmes
- Professor Willem Kuyken
- Professor Roz Shafran

This congress celebrates our local pioneers and showcases current and future developments in CBT.

Please look at our website for regular updates on presenters and presentations.

Level: The content of the congress will be accessible to CBT practitioners of all levels.

Cost: £140, incl. lunch

Venue: Jacqueline Du Pre Building, St Hilda's College, Oxford

WHAT PEOPLE SAID ABOUT THE 2014 OCTC CONFERENCE:

“Inspirational, thought provoking, lots to think about”

“Great day”

“Positively sizzled!”

“Rich interesting and varied presenters”

ANXIETY: CLINICAL UPDATE & MASTERCLASS

Nick Grey

16th – 17th September 2015

This two-day workshop will allow participants to consider how to remain true to the core principles of CBT for anxiety disorders while adapting therapeutic techniques to address the everyday challenges of real-world clinical work. The workshop will highlight what recent work in CBT for anxiety tells us; and also what it doesn't tell us.

The workshop will cover:

- How to assess and diagnose anxiety disorders accurately, and why it matters.
- How to formulate anxiety using both disorder specific models and trans-diagnostically, including identifying meanings, the processes of attention and repetitive thinking, and the role of memories.
- How to start to tackle complexity and co-morbidity; when to use disorder specific models and when not.
- Engaging ways of socializing people in treatment.
- What techniques may be most helpful when.
- How to move from talking to doing in therapy; integrating behavioural experiments and exposure.
- How to use imagery work, including re-scripting of past memories and using future oriented imagery.
- Working with avoidance.
- How to integrate with work on low self-esteem and low mood.
- Identifying and working with therapist blocks to using 'active' methods.
- Supervising others in this work.

Participants will have the opportunity to observe videos of sessions, reflect on their own cases, and practice the approaches discussed.

Level: Intermediate – Advanced

Cost: £260 for 2 days

Venue: Ewert House, Summertown, Oxford

BEHAVIOURAL EXPERIMENTS: EFFECTIVE INTEGRATION OF EXPERIENTIAL LEARNING INTO COGNITIVE THERAPY

Martina Mueller

30th September 2015

Behavioural experiments have long been recognized as a powerful method to bring about change in cognitive therapy. This interactive workshop will focus on enhancing the use of behavioural experiments so as to target the content of negative thoughts, assumptions, and core beliefs as well as the processes by which these are maintained. The workshop will consider how to create opportunities for learning through experimentation and observation; and to maximize opportunities to reflect on the implications of experiments.

Learning objectives

Understand how behavioural experiments maximize opportunities for experiential learning

Design behavioural experiments to target the content and process of cognition, at the level of thoughts, assumptions and beliefs

To give participants an opportunity to design and evaluate a personal behavioural experiment to deepen their understanding and clinical skills.

There will be plenty of opportunities for practice and discussion.

Level: Intermediate

Cost: £130

Venue: McInnes Room, Warneford Hospital

SOCRATIC METHOD FOR DUMMIES (AND SMART THERAPISTS TOO!)

Helen Kennerley

1st October 2015

Socratic method has been called “the cornerstone of cognitive therapy” (Padesky 1993) – but how many therapists wonder just what is meant by “Socratic method?” How do other therapists do it? When is it appropriate to use other forms of enquiry? How can we avoid “psycho-bulldozing”?

This practically based workshop aims to explore the purposes of asking questions in cognitive therapy and to present the therapist with an opportunity to reflect on, and rehearse, their questioning style. There are many ways of using Socratic method, so participants will be presented with a range of examples of Socratic method and different therapeutic styles. It will be relevant to both experienced and recently qualified cognitive therapists who want to develop or refresh their basic skills, and ensure that they get the most from guided discovery and other Socratic techniques.

Delegates will be encouraged to use their own experiences in the practical sessions.

Programme:

- What do we want to achieve through questioning in therapy?
- Caution & curiosity: the “dos” and “don’ts”
- Socratic method: in assessment and conceptualisation
- Socratic method: in testing unhelpful perspectives
- Socratic method: in problem solving and planning

Level: All levels (basic – advanced)

Cost: £130

Venue: McInnes Room, Warneford Hospital

THE 'NEWCASTLE MODEL' OF SUPERVISION

Mark Latham

5th – 6th October 2015

Cognitive therapy strives to base itself on theoretically and empirically sound models. This workshop will introduce participants to a well established and theoretically rigorous model to guide the CBT supervisor. Developed by Professor Mark Freeston and Peter Armstrong from the Newcastle CBT Centre (NCBTC), the 'Newcastle Model' is our most well established CBT supervision framework. This 2-Day workshop will introduce this particularly elegant and comprehensive model and illustrate how it can be used to enhance your supervisory work.

Day 1: will concentrate on a full description of the model, using participants' experience of both receipt and delivery of clinical supervision to ground the description.

Day 2: will address practical applications of the model in formulating and overcoming some of the difficulties that supervisors encounter.

The model addresses four interacting supervision processes:

- Enhancing learning
- Attending to interpersonal issues
- Clarifying contractual agreements
- Attending to the practical context

It will be presented by a member of the Newcastle CBT Centre (NCBTC) and will involve experiential exercises and time for reflection as well as didactic presentation.

Relevant reading:

Freeston, M. and Armstrong, P. (2006) *Conceptualising and formulating cognitive therapy supervision*. In: N. Tarrow (ed), *Case Formulation in Cognitive Behaviour Therapy*. Routledge

Level: Intermediate – Advanced

Cost: £260, for 2 days

Venue: Ewert House, Summertown, Oxford

AN INTRODUCTION TO CBT RESEARCH: FEASIBLE AND FUN, WHO KNEW?

Sarah Rakovshik

7th – 8th October 2015

CBT is committed to being based on evidence. However, despite having experience of using CBT, most practitioners do not contribute to the evidence base for CBT. Why is this? Do we think that it is dull? Do we assume that we are not capable? Do we view the research world as separate from the 'real' clinical world? This workshop will dispel such myths – myths which can hold us back from carrying out research. - and it will outline the basics of designing and conducting sound, 'real-world' studies. Its aim is to increase your enthusiasm for, and confidence in carrying out research so that you can get more from your CBT work and also contribute to an empirically based practice.

By the end of this workshop, participants will:

- Appreciate that research can be relevant, fascinating and feasible, even for clinical practitioners
- Understand the role of research in the development, growth and future of CBT
- Understand the basic principles of research design
- Understand levels of evidence obtained in research studies and their contributions to the existing literature
- Be aware that there are a range of approaches to research
- Be able to describe some approaches to 'real world research'
- Be able to design a simple research project

Recommended reading: Westbrook D (2010) Research and evaluation in: Mueller *et al.* (eds) *Oxford guide to surviving as a CBT therapist* Oxford: OUP.

Level: Intermediate – Advanced

Cost: £260 for 2 days

Venue: Ewert House, Summertown, Oxford

WHERE DO I START? FORMULATING AND WORKING WITH PROBLEMS OF CO-MORBIDITY

Joy McGuire

15th October 2015

We are often advised to “start with your formulation” but it is not always clear how to do this - especially when clients have complex and co-morbid problems. Formulation skills are essential in all our clinical practice, but even more so when client problems are multiple and when therapeutic hope and the alliance itself might be undermined.

This workshop will help you to use formulations in both planning and steering the therapy direction, and in the development of a collaborative, working, therapeutic relationship. It will help you rise to the challenge of working effectively with clients who present with complex and co-morbid problems, using the CBT model and employing relevant treatment protocols. Often the available treatment protocols make only make partial sense in the face of clinical complexity and in this workshop you will learn how to adapt treatment approaches, guided by your formulation.

Joy will focus on ways of developing useful case formulations that accommodate the client’s co-morbidity, complexity & strengths and which guide therapeutic interventions whilst paying close attention to evidenced based theory and research.

This workshop will be highly experiential with an opportunity for participants to work with their own case examples.

Relevant Reading:

Collaborative Case Conceptualisation; working effectively with clients in CBT. (2011) Kuyken, W; Padesky, C & Dudley, R. Guilford Press

Treating Complex Cases: the CBT approach (1998) Tarrrier, N; Wells, A & Haddock, G (Eds) Wiley Press

Harvey, AG; Watkins, ER; Mansell, W & Shafran, R (2004) Cognitive Behavioural Processes Across Psychological Disorders: A Transdiagnostic Approach to Research & Treatment. Oxford: Oxford University Press

Level: Intermediate - Advanced

Cost: £130

Venue: McInnes Room, Warneford Hospital

AN INTRODUCTION TO THE CONCEPT OF TRAUMA: BEYOND PTSD

Helen Kennerley

19th October 2015

This workshop presents the first principles of working with a range of traumatic reactions. It is an introduction to the wide-ranging consequences of childhood and adult trauma.

It explores normal responses through to complex trauma reactions and in doing so examines various diagnostic categories and symptom presentations. These include Acute Stress Disorder (ASD), Type I/Type II trauma PTSD, complicated trauma reactions and complex trauma.

The second part of the workshop focuses on understanding the impact of trauma (childhood and adult onset) on brain development; individual psychology; and on social and emotional functioning.

This workshop lays the foundations for working trans-diagnostically with traumatised people and for appreciating what needs to be done in the healing a traumatised mind.

Clinical material will be used throughout to illustrate teaching points.

Level: Intermediate - Advanced

Cost: £130

Venue: Ewert House, Summertown, Oxford

THE BRAIN, DISSOCIATION AND TRAUMA

Helen Kennerley

22nd October 2015

Dissociation is an ill defined and often poorly understood phenomenon, yet many of us will find ourselves working with clients who experience degrees of dissociation which are disabling and often trauma related. For example, the anxious client who struggles with episodes of de-realization, the client with low-self-esteem who suffers with de-personalization, the traumatised or depressed clients who are disabled by flashbacks, the client with a poorly developed sense of self.

This workshop focuses on developing a clearer understanding of dissociative reactions by reviewing the neuropsychology of different presentations and, ultimately, developing a model that can inform clinicians' work. It will cover:

- The range of presentations of dissociative disorders (including flashbacks)
- A neuro-psychological understanding of them
- A unifying model of dissociation
- Using CBT techniques to address the problem of dissociation (including flashbacks)

This workshop combine case and didactic presentations, using video materials and visual illustration.

There will also be opportunities to discuss how the workshop material can be used to improve clinical practice.

Level: Intermediate - Advanced

Cost: £130

Venue: Ewert House, Summertown, Oxford

CBT TREATMENT OF WORRY FOR PATIENTS WITH PERSECUTORY DELUSIONS: AN EVIDENCE-BASED LOW-INTENSITY COGNITIVE BEHAVIOURAL INTERVENTION FOR PSYCHOSIS

Helen Mander & Katherine Pugh

5th November 2015

Persecutory delusions are a common, distressing and persistent occurrence. Research has shown that people with persecutory delusions experience high levels of worry and this predicts the occurrence of paranoid thoughts and increases delusional distress.

The worry intervention was developed to target worry in people with persecutory delusions using cognitive behavioural techniques. A recent RCT has demonstrated its effectiveness in reducing worry in this population and also reducing distress associated with paranoia and improving levels of wellbeing (Freeman et al., submitted for publication). It is an engaging and effective stand-alone therapy which is popular with patients.

The workshop describes the theoretical and empirical background to the intervention. Using presentation, role play, video examples and case studies, participants will observe and practice skills including monitoring, psychoeducation, developing and sharing maintenance formulations, use of worry-limiting strategies and relapse management. By the end of the workshop, participants should be able to confidently use the six-session intervention with their own clients.

The workshop is particularly suitable for health professionals who have some experience of working with adults with psychosis and the underlying principles of CBT.

Freeman, D., Dunn, G., Startup, H. & Kingdon, D. (2012). The effects of reducing worry in patients with persecutory delusions: study protocol for a randomized controlled trial. *Trials*. Vol. 13.

Freeman, D. & Freeman, J. (2013). *How to Keep Calm and Carry On: Inspiring Ways to Worry Less*. London: Pearson.

Level: Basic - Intermediate

Cost: £130

Venue: McInnes Room, Warneford Hospital

CBT FOR BIPOLAR DISORDER

To be confirmed

16th November 2015

This workshop provides an up-to-date overview of working with Bipolar Disorder from a CBT approach. It incorporates the latest understanding of the psycho-social aspects of bipolar illness, as well as covering key assessment, formulation and treatment skills for working with this client group.

This workshop is suitable for mental health professionals who already have a reasonable grounding in general CBT techniques, but who are either new to using CBT with people with bipolar disorder, or who have experience but would like a revision of this area of work.

Level: Intermediate

Cost: £130

Venue: McInnes Room, Warneford Hospital

WORKING WITH RESILIENCE IN CBT

Lisa Palmer

17th November 2015

When clients are unwell they can become defeated by depression, anxiety or life events and often lose sight of any strengths or resilience they may have. Whether a person has a healthy place to return to or a life time of suffering, we as therapists must ask ourselves:

“How is it that in the face of adversity this patient has developed the skills to survive? How is it that despite everything, they have managed to live their lives and even get to therapy?”

Through my work with patients and inspired by Padesky’s 2004 workshop: “Harnessing Resilience, I have helped many patients identify and utilise their own strengths to defeat chronic problems and prevent relapse.

This workshop is based on Padesky and Mooney’s (2012) Four Step model of Strengths based Cognitive-Behavioural Therapy. You will gain an understanding of the model and how it can be utilised to build and strengthen personal resilience with your clients. You will also learn how to use creativity to formulate resilience and adapt this to enhance therapy. Through demonstration and practice, participants will have the opportunity to add Strengths based Cognitive Behaviour Therapy to their repertoire of CBT skills.

References

Mooney, K.A., & Padesky, C. A. (2000). Applying client creativity to recurrent problems: Constructing possibilities and tolerating doubt. *Journal of Cognitive Psychotherapy: An International Quarterly*, 14(2), 149-161

Padesky, C. A & Mooney, K. A (2012). Strengths-Based Cognitive-Behavioural Therapy: A Four-Step Model to Build Resilience. *Clinical Psychology and Psychotherapy*, DOI: 10.1002/cpp.1795

Level: Intermediate – Advanced

Cost: £130

Venue: McInnes Room, Warneford Hospital

BEHIND THE DRAMA: TREATMENT OF HISTRIONIC AND NARCISSISTIC PERSONALITY TRAITS

Sarah Rakovshik

18th November 2015

Even the most experienced therapists sometimes struggle to simply communicate with patients with histrionic and narcissistic personality traits. Despite frequent displays of emotion, these patients also display dogged affective avoidance regarding the issues that lie at the heart of their difficulties. And they do this through laughter and charm, crisis and attack. Therapy with these patients can seem to run in circles—managing process issues and therapeutic ruptures is often a full-time job that gets in the way of effective CBT interventions.

Help is at hand: this practically-based workshop will help you formulate and treat patients with pronounced dramatic personality traits. The workshop will include:

- a review of the current empirical literature,
- developing interpersonal and systemic formulations that will better guide you
- developing relevant clinical skills
- top tips on maintaining your own well-being

You will be encouraged to use your own relevant clinical experiences during the practical sessions, and Sarah will use clinical vignettes from a decade of experience with this patient population to illustrate teaching points.

Level: Intermediate - Advanced

Cost: £130

Venue: McInnes Room, Warneford Hospital

HOW TO BE AN INSPIRING TRAINER

Melanie Fennell

7th – 9th December 2015

Did you recently finish a CBT training course, and discover you were immediately expected to pass on what you learned to others? Has your training role suddenly expanded, so that you have to design and deliver sessions you have never taught before? Do you only feel secure as a trainer when everyone's attention is on your PowerPoint presentation rather than you? Are you an experienced trainer, feeling that you would value an opportunity to reflect and replenish your resources? Do you simply want to know how to train others more effectively?

Training others to deliver high quality CBT presents challenges, even for experienced clinicians. Training competencies have not yet been defined, and very few clinicians are themselves trained to train others. On the contrary, it is as if, once you know how to do CBT, you should also know how to train others to do it, and do so confidently and well. Now you can discover how to do just that – how to design training that will lead to lasting learning and long-term application in the real world of clinical practice.

This lively, highly interactive, practical introductory workshop, led by one of the UK's top CBT trainers, creatively integrates ideas from management development, adult education and learning theory. As a participant, you will learn how to:

- formulate clear, learner-centred objectives;
- create an engaging, interactive learning culture;
- design training so as to maximise learning and encourage vivid recall, and enable your trainees to transfer what they learn to their own place of work;
- widen your repertoire of training skills.

You will be able to apply what you learn to a training project of your own, to receive personal feedback on your work, and to experience a variety of learning methods for yourselves.

Feedback from previous participants:

"A fantastic experience and very supportive of my learning"

"Outstanding"

"I would recommend this without any hesitation"

"I have found this module invaluable and very relevant to my job role"

"I have learned a great deal"

Level: Intermediate – Advanced

Cost: £260 for 2 days

Venue: Ewert House, Summertown, Oxford

EARLY 2016 PROGRAMME

Dates	Topic	Presenter	Details
5 – 6 Jan	Developing the CBT Service <i>You</i> Want: An Introduction to Service Development	Rachel Norris	See website
6 – 7 Jan 25 – 26 Jan 16 – 17 Feb 2 – 3 Mar	Introduction to CBT Course (Series 1) Parts 1-4	OCTC staff	See website
13 Jan	Don't panic! : Developing more Advanced Skills for Working with Panic Disorder & Agoraphobia	Alison Croft	Page 59
14 Jan	The ABC of OCD	Joy McGuire	Page 60
22 Feb	An Introduction to Working with Survivors of Childhood Trauma	Helen Kennerley	Page 61
9 May	Trauma Focused CBT with Children & Young People	Patrick Smith	Page 62
10 May	Working with Refugee & Asylum Seekers with PTSAD	Kerry Young	Page 63

DON'T PANIC! : DEVELOPING MORE ADVANCED SKILLS FOR WORKING WITH PANIC DISORDER & AGORAPHOBIA

Alison Croft

13th January 2016

Despite being thought of as one of the more straight-forward clinical problems to treat, in reality, working with panic disorder can present clinicians with some real challenges. This is particularly true when clients are highly avoidant or agoraphobic.

This workshop will help you to sharpen up your skills in working with panic disorder using cognitive and behavioural interventions and address some of the common obstacles to the application of CBT protocols, including:

- Confusion regarding formulation (Is this really panic, or health anxiety? social anxiety?...)
- Reluctance to engage in behavioural experiments (client & therapist!)
- The role of systemic factors in maintaining the problem
- Treating panic when there are co-morbid physical symptoms
- Clients presenting with emotional avoidance.

Using a range of teaching methods, you will have the opportunity to brush up on the basics and to learn about and try out some new ways of working with these problems.

About the presenter: Alison Croft is an experienced CBT clinician, supervisor and trainer who has extensive experience of working with panic disorder and agoraphobia in primary and secondary care settings. She led a specialist CBT service for clients with severe panic disorder and agoraphobia for 5 years in Oxford.

Level: Intermediate

Cost: £130

Venue: McInnes Room, Warneford Hospital

THE ABC OF OCD

Joy McGuire

14th January 2016

OCD can be a complex and perplexing condition for both sufferer and therapist alike. Clients present, frequently, with various, confusing behaviours making therapy challenging – to say the least!

This workshop aims to help clinicians understand more about the nature of OCD. Through participation in role play and other experiential methods we will explore ways of engaging and treating this client group using evidenced based interventions.

The presenter, Joy McGuire, is an experienced CBT therapist who has a particular interest in working with OCD

Level: Basic - Intermediate

Cost: £130

Venue: McInnes Room, Warneford Hospital

AN INTRODUCTION TO WORKING WITH SURVIVORS OF CHILDHOOD TRAUMA

Helen Kennerley

22nd February 2016

Working with survivors of developmental trauma is tremendously rewarding but it can be challenging. A first step is formulating or conceptualizing the presenting problem - and this itself is often complicated. How does the clinician incorporate repeated traumatic experiences, for example? What about past and current systemic factors? How do we understand problem presentations?

This workshop will help clinicians develop skills in conceptualizing the often complex case presentations in a meaningful way that is accessible to our patients and that will give a coherent rationale for therapy.

In addition the workshop will highlight special issues which might well need to be considered if we are to properly engage our patients and keep them safe. For example working with resilient fundamental belief systems, personality problems, self damaging behaviours, ongoing abuse, and fear of engagement in treatment.

This workshop will cover:

- Assessing and formulating the problem(s) of survivors of childhood trauma
- Recognizing relevant systemic issues
- Managing interpersonal difficulties
- Motivational enhancement
- Clinical treatment implications, including common pitfalls in therapy

Clinical material will be used throughout to illustrate teaching points.

Level: Intermediate - Advanced

Cost: £130

Venue: Ewert House, Summertown, Oxford

TRAUMA FOCUSED CBT WITH CHILDREN & YOUNG PEOPLE

Patrick Smith

9th May 2016

PTSD is a common problem among young people in the UK. By the end of adolescence, around 75% of youth will have experienced at least one potentially traumatic event; and around 15% of them will develop persistent PTSD. Untreated, PTSD may run a chronic course for many years, and is associated with reduced quality of life, impaired social and academic functioning, poor physical health, increased suicidal behavior, and significant comorbidity. Evidence from independent research groups worldwide shows that PTSD is a very treatable condition: Trauma-Focused CBT is a highly effective treatment, and is recommended as the treatment of choice for children and young people with PTSD.

In this workshop, participants will be able to update their skills in:

- how to carry out trauma-focused assessment and formulation with young people and families
- how to plan and deliver individually tailored Trauma-Focused CBT with children and families

In this practical skills-based workshop, evidence regarding children's appraisals and coping, the nature of their trauma memories, and family functioning in the aftermath of trauma will be reviewed. The workshop will then cover, in detail: how to carry out trauma-focused assessment and derive an idiosyncratic cognitive formulation; and how to implement key treatment components of TF-CBT with young people, including imaginal reliving, updating traumatic memories, working with triggers, and working with families. The emphasis will be on individual, formulation-driven TF-CBT. Adaptions needed for children exposed to multiple and repeated traumas will be discussed. Protocols for working with very young preschool children will also be demonstrated.

Level: Intermediate

Cost: £130

Venue: Ewert House, Summertown, Oxford

WORKING WITH REFUGEES & ASYLUM SEEKERS WITH PTSD

Kerry Young

10th May 2016

This workshop will aim to give participants a theoretical and practical framework for the cognitive-behavioural assessment and treatment of refugees and asylum seekers with PTSD. Topics covered will be:

- Epidemiological information
- The Asylum process and how best to assist your clients within it
- Working with interpreters
- Cultural modifications of CBT
- What to consider at assessment
- What theoretical framework to use for formulation
- Treatment planning
- How to do reliving and narrative treatments with people who have experienced multiple traumatic events
- Outcome research in this area
- How to address some of the cognitive themes common in this group e.g. mistrust, anger and shame

The workshop will involve formal presentations, case discussion, video role-play and group discussion.

Level: Intermediate – Advanced

Cost: £130

Venue: Ewert House, Summertown, Oxford

BIOGRAPHIES OF WORKSHOP PRESENTERS

Debbie Brewin

Debbie Brewin is an Occupational Therapist and Accredited CBT Therapist, supervisor and trainer. She has over 25 years of experience of physical and psychological health services, working with individuals and in groups. She has been an IAPT Clinical Lead and set up group programmes for Depression and Physical Health Problems. She currently works freelance for Centre for Psychology IAPT service in Surrey and is trustee and clinical advisor for a Social Enterprise, Work Stress Solutions.

Gillian Butler

Gillian Butler has a wealth of experience as clinician, teacher, researcher and writer. For 10 years she was part of the Oxford research team developing cognitive-behavioural treatments for anxiety disorders. She now works with people with complex, long-standing problems, developing some fascinating new ideas about treatment. She is at the forefront of making cognitive therapy ideas available to the general public. In 2002, BABCP members voted her one of the most influential female cognitive therapists in Britain.

David Clark

David M Clark is well known for his cognitive therapy research. With colleagues, he has developed new and highly effective forms of cognitive therapy for social anxiety disorder, panic disorder, and post-traumatic stress disorder. For all three conditions, the treatments are recommended by NICE as first choice interventions. David has also worked tirelessly to disseminate evidence-based psychological treatments to the general public. He is one of the original architects of the IAPT programme and has served as the National Clinical Advisor for the programme since its inception.

Sue Clohessy

Dr Sue Clohessy is a Consultant Clinical Psychologist, Course Director of the PG Cert in Supervision of Applied Psychological Practice, Clinical Tutor and the lead for Supervisor Training at the Institute of Clinical Psychology Training, Oxford University. She is an experienced clinician, supervisor and trainer, has worked clinically in adult mental health and trauma since 1995, and is a BABCP accredited therapist and supervisor. She completed a post qualification doctorate in the area of supervision and the supervisory relationship in 2009 and has published in this area. She has developed a number of successful workshops and courses on supervision.

Alison Croft

Alison Croft trained as a clinical psychologist in Oxford. She has many years' experience of working in various adult mental health teams from primary to tertiary care and has extensive experience of applying CBT with a wide range of clinical presentations. She has specialist interests in working with anxiety and survivors of childhood trauma. She currently works as a Consultant Clinical Psychologist within a CMHT and a CBT trainer and supervisor with OCTC. She has regularly taught and supervised on the Oxford Doctoral Training Course in Clinical Psychology. She jointly set up and runs a collaborative project between OCTC and the Oxford University Medical School, teaching CBT skills to clinical medical students. She has experience of delivering training and supervision to a wide range of health clinicians, from beginner to expert level, both in the UK and overseas. She has published several book chapters related to CBT practice.

Simon Darnley

Simon Darnley is a Principal Cognitive Behavioural Therapist and the Head of the Anxiety Disorders Residential Unit based at the Bethlem Royal Hospital. This is a National service that specialises in the treatment of severe anxiety disorders such as OCD. He has a background as a psychiatric nurse before training as a cognitive behavioural therapist in 1988. He developed services in various areas before

becoming tutor in CBT at the Institute of Psychiatry. He has been involved in the treatment, training and supervision of people with Anxiety Disorders for over 20 years. He has researched and published in many anxiety disorders including irritable bowel syndrome and habit disorders.

Jonquil Drinkwater

Jonquil Drinkwater has retired as Consultant Clinical Psychologist and Lead CAMHS Psychologist in Oxfordshire. She has organised many conferences including the first major national conference on CBT for children and adolescents in Oxford in 2001. She developed the first specialist CBT service for children and adolescents, in Oxford. She set up the Child and Family Special Interest Group of the BABCP and was Chair of it for 5 years. She has taught both national and international CBT workshops. Together with Anne Stewart she has developed the short course on CBT with children and adolescents.

Graham Dunn

With a first degree in Natural Sciences, a PhD in Biochemistry and postdoctoral experience as a microbiologist, Graham abandoned laboratory work and retrained as an applied statistician and worked at the Institute of Psychiatry for the next 17 years. Graham was appointed as Professor of Biomedical Statistics at the University of Manchester at the end of 1996. His current research is primarily focussed on the design and analysis of randomised trials of complex interventions (efficacy and mechanisms evaluation), specialising on the evaluation of cognitive behavioural and other psychological approaches to the treatment of psychosis, depression and other mental health problems. He has been a member of the Psychosis Research Partnership since its inception in the early 1990s. Since then, he has been a collaborator on many trials of cognitive behaviour therapy for psychosis. He is the author of several applied statistics textbooks and was a founding editor of the international review journal *Statistical Methods in Medical Research*.

Melanie Fennell

Melanie Fennell was a pioneer of cognitive therapy for depression in the UK, and as a research clinician in the Oxford University Dept of Psychiatry contributed the development and evaluation of cognitive models and treatment protocols for depression and anxiety disorders. She developed and directed the highly successful Oxford Diploma in Cognitive Therapy, the Oxford Diploma/MSc in Advanced Cognitive Therapy Studies, and the Oxford MSt in Mindfulness-Based Cognitive Therapy. She has extensive experience of teaching and training both CBT and MBCT, and has a particular interest in cognitive therapy for depression and low self-esteem. In July 2002, she was voted “Most Influential Female UK Cognitive Therapist” by the membership of the BABCP, and in 2013 was awarded an Honorary Fellowship by the Association.

Daniel Freeman

Daniel Freeman is a Professor of Clinical Psychology, a Medical Research Council (MRC) Senior Clinical Fellow, and a British Psychological Society Fellow, in the Department of Psychiatry at the University of Oxford. He is also a consultant clinical psychologist in Oxford Health NHS Foundation Trust and a Fellow of University College Oxford. He has published extensively on the psychological understanding and treatment of persecutory delusions, and is the lead author of several books including *Overcoming Paranoid and Suspicious Thoughts* (2006), *Paranoia: the 21st Century Fear* (2008), *Know Your Mind* (2009), *You Can Be Happy* (2012), *How to Keep Calm and Carry On* (2013) and *The Stressed Sex* (2013).

Nick Grey

Nick Grey is a Consultant Clinical Psychologist and Joint Clinical Director of the Centre for Anxiety Disorders and Trauma (CADAT), South London & Maudsley (SLAM) NHS Foundation Trust, King’s Health Partners. He provides outpatient cognitive therapy to adults with anxiety and related disorders both within randomized controlled trials and in a more general NHS service, across primary, secondary and tertiary care. He is a BABCP accredited practitioner, supervisor and trainer. He is the clinical lead for anxiety care pathways in the Mood, Anxiety and Personality Clinical Academic Group at SLAM NHS Foundation Trust.

Amy Hardy

Amy Hardy is a Research Clinical Psychologist for the Psychosis Research Partnership at the Department of Psychology, Institute of Psychiatry, Psychology and Neuroscience and works as a trauma psychosis specialist in the Lambeth Promoting Recovery pathway, South London and Maudsley NHS Foundation Trust. Her PhD research examined the relationship between trauma and hallucinatory experience in psychosis, and she is currently involved in projects investigating the psychological processes that play a role in post-traumatic stress in psychosis. She was a trial therapist for a RCT of CBT for post-traumatic stress reactions in psychosis (Steel et al., in prep) and is interested in the development of psychological therapies for this client group.

Emily Holmes

Emily's research field is experimental psychopathology. She places cognitive science alongside clinical psychology, psychiatry and neuroscience to investigate psychological processes to improve mental health treatments. Her work in PTSD, Depression and Bipolar Disorder is linked by an interest in mental imagery and emotion. Her research has demonstrated that mental imagery has a more powerful impact on emotion than its verbal counterpart. This is of relevance to clinical psychology given the historical focus on verbal language in therapy. An imagery focus opens treatment innovations to help mood stability in bipolar disorder, as well as new methods for example to disrupt the memory consolidation of emotional images after trauma. Emily completed her degree in Experimental Psychology at the University of Oxford, her clinical psychology training at Royal Holloway University of London, and her PhD in Cognitive Neuroscience at the MRC Cognition and Brain Sciences Unit in Cambridge. Her work has been recognized by the British Psychological Society's Spearman Medal (2010), The Comenius Award from the European Federation of Psychologists Association (2011), Humboldt Foundation Friedrich Wilhelm Bessel Research Award (2013), and the American Psychological Association award for distinguished early career contributions to psychology (2014). She is Associate Editor of "*Clinical Psychological Science*" and a Fellow of the American Association of Psychological Science. For further information see:

<http://www.mrc-cbu.cam.ac.uk/people/emily.holmes/>

Louise Isham

Louise Isham trained as a Clinical Psychologist at University College London and completed the Postgraduate Diploma in CBT for Psychosis at the Institute of Psychiatry, Kings College London. She has many years experience working within various adult mental health settings, but most predominantly in Community Mental Health Teams (CMHTs) working with those with severe and enduring mental health difficulties. She has considerable experience applying CBT to a broad range of clinical presentations but has long standing specialist interests in working with people experiencing psychosis and those who have endured trauma. She has provided supervision and teaching to a wide range of professionals in both the NHS and charitable sectors. She works as a CBT trainer and supervisor within OCTC and also holds a post as a Clinical Psychologist within Oxleas NHS Foundation Trust.

Helen Kennerley

Helen Kennerley is a Consultant Clinical Psychologist and a founder member of the Oxford Cognitive Therapy Centre, where she is the co-director of the postgraduate short-courses in Advanced Cognitive Therapy Studies and the MSc in Cognitive Behavioural Therapy. She also has the lead role in the OCTC clinic. She is an experienced clinician now specialising in childhood trauma, dissociative disorders, and self-injurious behaviours. She has made valuable contributions to the field of cognitive therapy through her popular workshops and her writings. Amongst other publications, she is the author of *Overcoming Childhood Trauma* and co-author of *An Introduction to Cognitive Behaviour Therapy*. In 2002, Helen was also voted one of the most influential female cognitive therapists in Britain by BABCP members.

David Kingdon

David Kingdon is Professor of Mental Health Care Delivery at the University of Southampton, UK, and honorary consultant adult psychiatrist for Southern Health NHS Trust. He has previously worked as Medical Director for Nottingham Health Care Trust and Senior Medical Officer (Severe Mental Illness) in the UK Department of Health. He now does policy and implementation work for NHS England and is editor of their mental health websites. He chaired the Expert Working Group leading to the Council of Europe's Recommendation 2004(10) on Psychiatry and Human Rights (1996-2003). His research interests are in cognitive therapy of severe mental health conditions and mental health service development on which he has published over 150 papers, chapters and five books. He is currently working on a number of studies funded by MRC (EME programme – WIT & REFRAMED), NIH (DIALOG+, VOLUME, M4V & COMET), HTA (FOCUS), DoH, US Veterans Administration, Chinese Government & NIMH (RAISE) into cognitive therapy in the US, China, & UK and into the development of mental health care pathways and commissioning tools.

Willem Kuyken

Willem Kuyken (Professor of Clinical Psychology) works as a researcher, trainer and clinician at the Mood Disorders Centre in Exeter. His research and clinical work specialise in CBT approaches to recurrent depression. A particular theme of his work is exploring how therapists develop, and share conceptualizations to enhance the effectiveness of therapy. After completing his PhD and clinical training he worked as a Postdoctoral Fellow at the Center for Cognitive Therapy, University of Pennsylvania for two years with Aaron T. Beck (1997-1999). Since 1999 he has worked in Exeter, England where he co-founded and co-directs the Mood Disorders Centre, a research, clinical and training center. He has published several key publications on case conceptualisation (Bieling & Kuyken, 2003; Kuyken, 2006; Kuyken et al., 2009) and the book Collaborative Case Conceptualization was described by Aaron T. Beck as “setting a gold standard for how to develop individualized case conceptualizations with our clients.”

Mark Latham

Mark Latham is currently a Consultant Cognitive Behavioural Therapist and Head of Training at Newcastle CBT Centre, Northumberland, Tyne and Wear NHS Foundation Trust. He has had more than 20 years experience as a CBT nurse therapist, CBT supervisor and CBT trainer in the NHS in Leeds and at the University of York and has presented at several BABCP annual conferences. He chaired the BABCP Supervisor and Trainer Accreditation Group 2004-2011 and currently serves as a member of the BABCP Accreditation and Registration Committee. He is BABCP accredited as a practitioner, supervisor and trainer. He has extensive clinical experience working with complex cases and has a special interest in clinical supervision, training methods and learning processes.

Helen Mander

Dr Helen Mander trained as a Clinical Psychologist at the Institute of Psychiatry, Kings College, London. She has a particular interest in CBT across a range of difficulties – having worked clinically and published mainly in CBT for common mental health difficulties and CBT for psychosis. Helen has provided teaching, training and supervision including lecturing on postgraduate CBT and doctoral programmes. She currently works as a Research Clinical Psychologist for Southern Health NHS Foundation Trust in partnership with the University of Southampton and was a therapist on the Worry Intervention Trial.

Joy McGuire

Joy McGuire is a Psychiatric Nurse by profession with over 25 years working within the NHS in a variety of mental health clinical settings. For the last 18 years she has worked as a specialist CBT therapist, trainer and supervisor in the NHS. This includes working as a research therapist on clinical trials, led by Professor Paul Salkovskis at the Institute of Psychiatry, London, examining the effectiveness of CBT for OCD & Health Anxiety and leading a multi modal Psychological Therapies

service on the Isle of Wight for several years. Joy has been accredited as a CBT therapist with the BABCP since 1998. She currently works as a CBT trainer, therapist and supervisor at OCTC. Her professional interests include supervision training and working with complex cases using a transdiagnostic, formulation driven approach to therapy. Joy also has a private clinical practice locally.

Martina Mueller

Martina Mueller is a Consultant Clinical Psychologist who leads the trauma service for Oxford Health NHS Foundation Trust and she is the Course Director of the Postgraduate Certificate in CBT for Psychological Trauma. She is an experienced clinician who is widely respected for her innovative clinical work and now specializes in the assessment and treatment of PTSD and other complex reactions following adult trauma. She has worked on a European Union funded multi-centre research on innovative approaches to working with traumatized refugees and has a special interest in the treatment of multiple and prolonged trauma and horror-based flashbacks. Martina is one of the editors of the *Oxford Guide to Behavioural Experiments in Cognitive Therapy*, and is lead editor of the *Oxford Guide to Surviving as a CBT Therapist* published by OUP in 2010.

Rachel Norris

Rachel Norris, DPhil, is a Consultant Clinical Psychologist and was recently appointed as Head of Defence Clinical Psychology for the MOD. She has worked as a Clinical Psychologist in both the NHS and MOD, with a special interest in developing services to meet the needs of military personnel in the UK and overseas. She has been a practising cognitive therapist for 18 years and has a special interest in teaching and supervising cognitive behavioural therapy, particularly in the area of complex trauma.

Lisa Palmer

Lisa Palmer is a BABCP accredited Cognitive Behavioural Psychotherapist, working for Oxford Cognitive Therapy Centre. She has a background in Psychiatric nursing before qualifying as a CBT therapist in 1992. She has a particular interest in working with PTSD and has worked extensively with the Fire and Rescue service and other occupational groups such as police, armed forces and health service professionals. Other interests are in schema therapy, low self esteem, panic disorder and mindfulness. She has designed and taught on CBT courses for many years including IAPT High Intensity courses as well as supervising individually and in groups. She is an innovative practitioner and teacher and well known for inspiring others in the practice of CBT.

Katherine Pugh

Dr Katherine Pugh trained as a Clinical Psychologist at Royal Holloway, University of London. She has a particular interest in working with people with psychosis, using predominantly CBT approaches. Katherine has provided teaching, training and supervision on working with people with psychosis and was a therapist on the Worry Intervention Trial. She currently works as a Clinical Psychologist for Sussex Partnership NHS Foundation Trust in the R&D Department and the Early Intervention in Psychosis Service.

Sarah Rakovshik

Sarah Rakovshik is the Director of the University of Oxford/ OCTC Postgraduate Diploma in CBT and an experienced clinician who has worked with a wide range of clinical disorders in both adults and children. Her clinical interests include treatment of co-morbidity and complex presentations, as well as in the potentially positive effects of adverse life events. She holds a D.Phil. from Oxford University's Department of Psychiatry. Her research has focused on training methods and their effects on therapists' competence and patients' outcomes. She has had an international role as a trainer, supervisor and consultant for CBT training programmes and research projects.

Joanne Ryder

Joanne Ryder is a Consultant Counselling Psychologist registered with the Health and Care Professions Council (HCPC), chartered with the British Psychological Society (BPS), and is an Applied Psychology Practice Supervisor. She is also an accredited Cognitive Behavioural Psychotherapist, Supervisor and Trainer with the British Association of Behavioural and Cognitive Psychotherapies (BABCP). She has a number of years of experience of working in a variety of NHS settings. She is currently the Lead Clinical Supervisor at TalkingSpace, which is the Oxfordshire Improving Access to Psychological Therapies (IAPT) Service. She has a particular interest in working with people with Bipolar Affective Disorder. Other interests include Schema Focused Therapy, CBT group work and EMDR. Her publications include CBT in groups, CBT treatment for Bipolar Affective Disorder and CBT Treatment for Depression.

Roz Shafran

Roz Shafran is Professor of Translational Psychology at University College London and founder of the Charlie Waller Institute of Evidence-Based Psychological Treatment. Her clinical and research interests include cognitive behavioural theories and treatments for anxiety disorders, eating disorders and perfectionism across the age range. Her first piece of writing on perfectionism was for OCTC's diploma course in 1999. She has over 100 publications. She is an associate editor of Behaviour Research and Therapy and recipient of an award for Distinguished Contributions to Professional Psychology from the British Psychological Society.

Patrick Smith

Patrick Smith is a Senior Lecturer in Clinical Psychology at the Institute of Psychiatry King's College London (www.kcl.ac.uk/iop/depts/psychology), and Honorary Consultant Clinical Psychologist at the South London and Maudsley NHS Foundation Trust. He works in a long-established NHS Child Traumatic Stress Clinic (<https://www.national.slam.nhs.uk/services/camhs/camhs-traumaticstress/>) and is co-founder of a specialist Depression and Bipolar Disorder Clinic for young people. On completing his clinical training at the Institute of Psychiatry, he led a UNICEF-funded psychosocial programme for war-affected children in Bosnia. His collaborative research since then has focused on understanding children's psychological reactions to trauma, and on developing individual and group interventions for traumatised young people. With colleagues and students, he has investigated cognitive models of PTSD in children, and evaluated individual Trauma-Focused CBT for children and young people in randomized controlled trials. Ongoing work with colleagues in Cambridge is evaluating the effect of an adapted TF-CBT for young preschool children with PTSD. He is currently Chair of the Children and War Foundation (www.childrenandwar.org), and in this role has helped to develop and evaluate a group intervention for children exposed to war and disasters.

Pippa Stallworthy

Dr Pippa Stallworthy is a Consultant Clinical Psychologist and Clinical Lead for the Traumatic Stress Service in South West London and St George's Mental Health NHS Trust. Previously she was a lecturer on the Royal Holloway Doctoral Course in Clinical Psychology. She has been specialising in PTSD for twelve years and has a special interest in working with survivors of multiple trauma, particularly survivors of domestic violence. Other interests include PTSD following intensive care, Mindfulness and its potential uses in the treatment of PTSD.

Helen Startup

Dr Helen Startup is a Consultant Clinical Psychologist with a research background in understanding mechanisms of worry across disorders. Within the Oxford Cognitive Approaches to Psychosis (O-CAP) group she contributed to the design, co-ordination and supervision of the WIT study and the BEST study. She also works as a clinical psychologist for Lambeth Integrated Psychological Team (SLAM) and was involved in setting up their involvement in an international RCT evaluating a group schema therapy intervention for those with Borderline Personality Disorder. She is a Clinical Research Fellow

and Consultant Clinical Psychologist for Sussex Partnership NHS Foundation Trust where she is joint theme lead for research into personality disorders. She also works as a senior clinical psychologist working for the South London and Maudsley (SLAM) Eating Disorders service, and has been involved in research exploring mechanisms responsible for the maintenance of eating disorders (EDs) and the evaluation of suitable interventions for complex ED presentations. She is an accredited CBT therapist and advanced level schema therapist.

Craig Steel

Craig Steel is a Senior Lecturer in Clinical Psychology at deputy director of the Charlie Waller Institute for Evidence Based Psychological Treatments, University of Reading, UK. He has been an active clinician and researcher for twenty years, specializing in CBT for schizophrenia. He has been involved in a number of clinical trials in the area, and is widely published. He is editor of 'CBT for Schizophrenia. Evidence-Based Interventions and Future Directions' published in 2013.

Anne Stewart

Anne Stewart is a Consultant Child and Adolescent Psychiatrist with Oxford Health NHS Foundation Trust and Honorary Senior Lecturer at the University of Oxford. She has considerable clinical and teaching experience in CBT including supervision and teaching on the PG Diploma in CBT Course. Her clinical and research interests are in CBT with eating disorders, anxiety, depression and self harm as well as family and developmental aspects of CBT and she has a number of publications in these areas.

Polly Waite

Polly Waite is a Clinical Psychologist and BABCP-accredited therapist. She works at the School of Psychology and Clinical Language Sciences at the University of Reading, where she is an MRC Clinical Training Fellow. She is also an Honorary Clinical Psychologist in the Berkshire Child Anxiety Clinic, Berkshire Healthcare NHS Foundation Trust, a specialist service for the assessment and treatment of children and adolescents with anxiety disorders (see www.berkshirechild.anxiety.org.uk). She has worked as a therapist on a number of randomised controlled trials involving young people with OCD and anxiety disorders more generally. She co-edited and co-wrote 'CBT with Children, Adolescents and Families: Cognitive Behavioural Approaches and Interventions for Obsessive Compulsive Disorder' (2009). Her primary clinical and research interests are the role of parents in the development and maintenance of anxiety disorders, working with adolescents and developing treatments for anxiety in young people.

Jon Wheatley

Dr Jon Wheatley is Consultant Clinical Psychologist in the Affective Disorders Service at the Bethlem Royal and Maudsley Hospitals in London. The Affective Disorders service is based in the Mood, Anxiety and Personality Clinical Academic Group at Kings Health Partners/South London and Maudsley NHS Foundation Trust. Dr Wheatley is also an Honorary Research Associate at the Institute of Psychiatry, Kings College, University of London. He has worked as a Clinical Psychologist since 2000 and specialises in cognitive-behavioural therapy for mood disorders. He has previously conducted research into the development of innovative cognitive behavioural therapies for depression.

Kerry Young

Kerry Young is a Consultant Clinical Psychologist and Clinical Lead of the Forced Migration Trauma Service (London). This is an innovative service offering evidence-based cognitive-behavioural treatment to refugees and asylum seekers suffering from PTSD within a phased, multidisciplinary model of intervention. Kerry also works in Oxford University Department of Psychiatry within the Experimental Psychopathology and Cognitive Therapy Lab (EPACT). She has worked for 16 years in trauma and has written and lectured widely on how to treat simple and complex PTSD and how to work with traumatized asylum seekers and refugees.

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BOOKING INFORMATION

Levels of competence

Before booking a place on a workshop, please ensure that it is pitched at the appropriate level of competence for you. The guide to levels is as follows:

Basic

Basic workshops are for people from a variety of backgrounds, who have at least one year's clinical experience. Cognitive behavioural knowledge is not necessary for attendance at these workshops, though in practice, a number of attendees will have some skills in the area, and are refreshing/updating their knowledge.

Intermediate

Intermediate workshops are directed towards people who already have knowledge of CBT, and experience in using cognitive formulations and treatment methods – for instance, they are able to identify and test automatic thoughts, and design behavioural experiments. Most participants will be using CBT as part of their clinical practice, and may still be acquiring new CBT skills.

Advanced

Advanced courses are directed towards those professionals who use CBT routinely as part of their clinical practice. They have probably undertaken a significant number of training courses and/or workshops, and use a broad range of cognitive behavioural strategies to work with a range of presentations at varying levels of complexity.

Confidentiality

Workshops often contain clinical material. This is always anonymised as far as possible but delegates are none the less reminded to respect confidentiality.

Making reservations

Bookings can only be considered confirmed after we have received your online registration or application form *and payment* (or invoicing details, including an official purchase order and the relevant trust identification/provider code, where applicable). Please note that registration to workshops closes 7 days prior to the event date.

Cancellation & changes policy

If you cancel more than 14 days prior to your booked event, we will refund your fee minus a charge of 15% to cover our administration costs. We regret that cancellations 14 days or less before the booked event cannot be refunded.

If you wish to change your booking after confirmation we will do our best to accommodate you if you notify us 14 days prior to your booked event, and if there is space to do so. However there will be an administration charge of £15 per change.

Refreshments

The cost of the workshops includes hot drinks on arrival, mid-morning and mid-afternoon, but not usually lunch unless stated. However, all workshops at the Unipart & Kings Centre do include lunch, so if you have any special dietary requirements please let us know on your application form.

Special needs

We welcome applications from diverse backgrounds. If you have any particular needs, please contact us prior to booking.

2015-16 WORKSHOP APPLICATION FORM

Please complete the following in BLOCK CAPITALS

Workshop Title: _____

Workshop Date: _____ Workshop Cost: £ _____

Name: _____

Profession: _____

Address: _____

Postcode: _____

Tel no.: _____ Fax no.: _____

E-mail: _____

N.B. No lunch is provided for workshops held at the Warneford Hospital.

For other venues, please confirm your dietary requirements:

vegetarian vegan dairy free wheat/gluten free other

Please enclose a cheque made payable to ***Oxford Health NHS Foundation Trust***, or provide invoicing details below and attach a copy of the official purchase order to this application form before sending to OCTC. Ensure supplier details on PO read: **Oxford Health NHS Foundation Trust, Chancellor Court, 4000 John Smith Drive, Oxford Business Park South, Oxford OX4 2GX** but send to OCTC address at foot of this application form.

We cannot secure your place without an official purchase order and the name of the person authorising this invoice.

Authorising person's name: _____

Full name of Trust / organisation: _____

Invoice address: _____

Postcode: _____

Tel no.: _____ Fax no.: _____

E-mail: _____

Please return this form to **OCTC, Warneford Hospital, OXFORD, OX3 7JX**

Tel 01865 738816; fax 01865 738817; e-mail octc@oxfordhealth.nhs.uk

'INTRODUCTION TO CBT' COURSES 2015-16 APPLICATION FORM

Please tick box(es) for course you want <i>(NB You can book workshops only within one Series)</i>	Price	SERIES 1 Jan-Mar 2015	SERIES 2 Sep-Nov 2015		SERIES 1 Jan-Mar 2016
Whole course: all 4 x 2-day workshops	£990				
<i>Or individual 2-day workshops as below (but see notes re taking Parts in the right order):</i>					
Part 1: Assessment and Formulation	£270				
Part 2: Basic Therapeutic Skills	£270				
Part 3: Working with Depression	£270				
Part 4: Working with Anxiety: Panic; Social anxiety; Health anxiety; OCD	£270				
<i>For Part 4 only, you can book individual days:</i>					
Part 4: <i>Day 1 only</i> – Panic; Social Anxiety	£135				
Part 4: <i>Day 2 only</i> – Health Anxiety; OCD	£135				

Please complete the following in BLOCK CAPITALS

Name: _____

Profession: _____

Address: _____

Postcode: _____

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Please enclose a cheque made payable to **Oxford Health NHS Foundation Trust**, or provide invoicing details below and attach a copy of the official purchase order to this application form before sending to OCTC. Ensure supplier details on PO read: **Oxford Health NHS Foundation Trust, Chancellor Court, 4000 John Smith Drive, Oxford Business Park South, Oxford OX4 2GX** but send to OCTC address at foot of this application form.

We cannot secure your place without an official purchase order and the name of the person authorising this invoice.

Authorising person's name: _____

Full name of Trust/organisation: _____

Invoice address: _____

Postcode: _____

Tel no.: _____ Fax no.: _____

E-mail: _____

Please return this form to: **OCTC, Warneford Hospital, OXFORD, OX3 7JX**
Tel 01865 738816; fax 01865 738817; e-mail octc@oxfordhealth.nhs.uk

OCTC & OXFORD UNIVERSITY ACCREDITED COURSES

SUPERVISION AND CONSULTATION SERVICES

Case supervision is an essential part of CBT practice and is a requirement of professional bodies (e.g. BABCP, BPS). OCTC can offer a range of supervision and consultation opportunities. We offer face to face supervision, telephone/ Skype supervision and group supervision. We offer supervision on both short and longer term bases and can provide one-off consultation and intense supervision of single training cases. We are sometimes able to travel to provide supervision, and we can generally accommodate the particular needs of those who want to take up supervision.

Supervision / consultation fees:

Individual supervision £95/hr

Pairs supervision £140/hr

Groups £190/hr for group of 3 supervisees

Group rates can be negotiated for more than 3 persons. Travel expenses are charged separately and travel time is £50/hour (if more than 30 minutes away from our base). Rating of therapy recordings charged at individual supervision rate (usually 2 hours / session).

For further information please go to www.octc.co.uk where you can complete and a supervision enquiry form to send to OCTC.

OCTC

*Inspiring excellence in CBT
training, therapy & research*

Contact details:

Oxford Cognitive Therapy Centre

Warneford Hospital

Oxford

OX3 7JX

Tel: 01865 738 816

Fax: 01865 738 817

E-mail: octc@oxfordhealth.nhs.uk