

Forging New Frontiers in CBT: An Audience with CBT Pioneers

A one-day congress

Friday 11 Sept 2015, St Hilda's College, Oxford



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

Feedback from participants of the 2014 OCTC conference:

"Inspirational, thought provoking, lots to think about"

"Positively sizzled!"



Discussants: Professor David Clark & Dr Melanie Fennell

The Presentations

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

Dr Gillian Butler - Thinking About the Self and CBT

When someone says "There's no me", how can therapists understand answers to questions such as "What are you thinking?" CBT depends on finding out what someone thinks. If "There's no me" then who answers, remembers, engages in an exploration of other cognitive possibilities? We can start by discovering the meaning of "There's no me". I collected such statements from survivors of developmental trauma, explored meanings and considered the implications for the practice of therapy. I will present a way of understanding these observations, and hypotheses about how we can adapt and develop CBT to provide effective help for those with a fragile, unstable or dysfunctional sense of self.

Professor David Clark - Disseminating CBT: Science, politics and economics

Enormous progress has been made in developing effective CBT for a wide range of mental health problems. However, in most countries only a fraction of the population benefits as access to treatment is poor. I will look at two ways of vastly increasing access to evidence-based CBT: the development of internet-based treatments and the English IAPT programme. The latter treats around 430,000 people per year with average recovery rates of 45%, although some IAPT services consistently report much higher recovery rates, demonstrating what is possible. This presentation will address ideas about enhanced recovery rates, the advantages and challenges of public transparency about outcomes, and further developments of the IAPT programme to clinical conditions beyond depression and anxiety.

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www.octc.co.uk or fill in the booking form overleaf

Professor Daniel Freeman - Advances in Cognitive Therapy for Paranoia

Paranoia denotes the unfounded ideas that others intend to cause you harm. Many people have a few paranoid thoughts, and a few have many. Persecutory delusions represent the severest form of paranoia. In this talk new experimental studies will be described that test causal roles for psychological processes in the occurrence of paranoia. The advances in understanding are being used to develop a new theoretically-driven cognitive treatment for persecutory delusions. Outcome data will be presented from clinical trials that each target a separate causal factor of persecutory delusions, including worry, interpersonal sensitivity, negative schematic beliefs, reasoning biases, and disturbed sleep. The promise is of a much more efficacious treatment for persecutory delusions that leads to recovery for many patients.

Professor Emily Holmes - Mental Imagery: Cognitive Science and Cognitive Therapy

From a cognitive science perspective mental imagery involves an experience like perception in the absence of a percept: seeing in our mind’s eye, for example. Imagery recruits similar brain areas to actual perception, enhances memory and learning and, compared to verbal processing, mental imagery has a more powerful impact on emotion. From a clinical perspective, intrusive, affect-laden images cause distress across psychological disorders: “flashbacks” to past trauma in PTSD, “flash-forwards” to suicidal acts or manic pursuits in bipolar disorder. We need to work with dysfunctional imagery, and promote adaptive imagery using image-focussed CBT techniques. I will discuss recent work and developments on imagery, drawing on the neuroscience of memory encoding, neurobiology of memory reconsolidation, cognitive science and dual task interference, and conditioning.

Professor Willem Kuyken - Developments in Mindfulness-based Cognitive Therapy

What do we know, what are the remaining challenges? Depression typically has an early onset and runs a relapsing and recurrent course. Without ongoing treatment people with recurrent depression have a very high risk of repeated depressive relapses throughout their life, even after successful acute treatment. Mindfulness-based Cognitive Therapy (MBCT) is an innovative, empirically supported approach intended to prevent relapse in people with a history of depression (Segal et al. 2013). The last ten years has seen more than 10 RCTs, experimental work on mechanisms, growing implementation and adaptations to new populations and contexts. This keynote will overview the field and signpost future directions including our work here in Oxford.

Professor Roz Shafran - CBT for Perfectionism: Controversy and Compromise

Perfectionism can be dysfunctional in a number of ways. First it can be present a significant clinical problem in its own right that interferes with functioning. Second, it can interfere with successful treatment of Axis I disorders. Third, it is a risk factor for the development of psychopathology. The first part of the talk will present an overview of the current cognitive-behavioural approach to the understanding and treatment of perfectionism including results from the first meta-analysis indicating that it can be successfully addressed and that addressing perfectionism has a positive impact on Axis I disorders. It will conclude with some top tips for treatment.

Booking

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

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Payment details — fee £140 (includes refreshments & lunch)

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