



OCTC workshop programme 2016-17

*Unique training opportunities in
cognitive behaviour therapy*

CONTENTS

Introduction.....	1
Workshops at a glance.....	3
Themed Workshops.....	6
Introduction to CBT Course (Series 1).....	13
Don't panic! : Developing more Advanced Skills for Working with Panic Disorder & Agoraphobia	14
The ABC of OCD.....	15
Supervision in CAMHS: Complexities, Models and Practical Aspects.....	16
An Introduction to Working with Survivors of Childhood Trauma.....	17
Developing and Honing a CBT Research Project: Feasible and Fun, Who Knew?.....	18
CBT with Children and Adolescents.....	19
Putting DBT* into (your) Practice: A Taster Session *(Dialectical Behaviour Therapy).....	23
Joined-Up CBT for Survivors of Childhood Trauma: Oxford 18-session Programme for Individuals, Pairs and Groups.....	24
CBT Treatment of Worry for Patients with Persecutory Delusions: An Evidence-based Low-intensity Cognitive Behavioural Intervention for Psychosis.....	25
An Introduction to Cognitive Therapy for Post-Traumatic Stress Reactions in Psychosis.....	26
Cognitively Informed Behavioural Psychotherapy (cBT) for People with Asperger's Syndrome/High-Functioning Autism.....	27
Medically Unexplained Symptoms: A Scientist Practitioner Approach to CBT.....	28
Trauma Focused CBT with Children & Young People.....	29
Working with Refugees & Asylum Seekers with PTSD.....	30
The ABC of GAD: Generalised Anxiety Disorder made Simple.....	31
An Introduction to Compassionate Focussed Therapy (CFT) being applied to Anxiety Disorders and how to apply CFT to YOU!.....	32
Treating Body Dysmorphic Disorder.....	34
Acceptance and Commitment Therapy (ACT) with People with Psychosis.....	35
Outside the Box but True to our Roots: Maintaining CBT Fidelity in an Ever Demanding World - 5 th OCTC Congress.....	36
Introduction to CBT Course (Series 2).....	37
A Beginner's Guide to Psychosis & Bipolar.....	38
How to Be an Inspiring Trainer.....	39
An Introduction to CBT Supervision.....	40
An Introduction to the Concept of Psychological Trauma: Beyond PTSD.....	41
Trauma and Trauma Memory.....	42
Dissociation, Intrusive Images and the Brain.....	43
Schemata: A User's Guide.....	44
Schemata: Management Basics.....	45

Working with Resilience in CBT	46
Working with Psychosis: An Introduction to CBT for Delusions	47
Working with Psychosis: An Introduction to CBT for Voices	48
The Supervisory Relationship	49
Making Sense of Trauma: The Core Tasks of Working with Trauma Memories following Adult Trauma.....	50
Anger Management – A CBT Approach.....	51
Early 2017 programme	52
Understanding Clients with Complex Problems: An Introduction.....	53
An Introduction to Developmental Trauma: The Neuro-Psycho-Social Impact of Childhood Abuse & Neglect.....	54
SoS: Supervision of Supervision	55
The Newcastle Model of Supervision	56
Assessment for Learning: How to Use the Assessment of Core CBT Skills (ACCS) as a Tool for Feedback and Self-Reflection.....	57
Multiple Trauma: How and When to Work with Trauma Memories	58
Advancing Your Schema Work: Modes and More.....	59
Bouncing Forward: A Transdiagnostic CBT Approach to Overcoming Adversity.....	60
Where Do I Start? Formulating and Working with Problems of Co-Morbidity	61
Treating Traumatic Grief.....	62
New Modalities of Working with Depression: Mindfulness-Based Cognitive Therapy: A New Approach to Recurrent Depression	63
New Modalities of Working with Depression: Imagery Rescripting in the Treatment of Major Depression	64
Anxiety: Clinical Update & Masterclass	65
Biographies of Workshop Presenters	66
Key References by Workshop Presenters.....	72
Booking Information	76
2016-17 Workshop Application Form	77
‘Introduction to CBT’ courses 2016-17 application form	79
Supervision And Consultation Services	81
OCTC & Oxford University Courses	82

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

Welcome to the new OCTC academic programme for 2016-17. As always, we have planned with the needs of the whole spectrum of CBT practitioners in mind. The programme offers CBT training from the ground up, with introductory workshops for beginners, further training for those seeking to extend their basic training to work with more complex cases and specific populations, and advanced workshops for experienced CBT practitioners. We have aimed to include training that reflects common clinical challenges faced by clinicians and supervisors in real-world CBT practice, as well as new advances fresh from the world of evidence-based CBT research. Thanks to our own wide-ranging supervision and training practice we have been able to seek the views of supervisees, workshop participants and our clinical colleagues working in clinical settings across the broad church that is the CBT community as to what training to provide. We are confident that you will find plenty on offer to meet your own training and development needs, as well of those of your workforce.

This guide is structured to enable you to find the training that best suits you. You may find it useful to start with the *Workshops at a Glance* table on pages 3-5, which gives you an overview of the variety of training opportunities that we offer. We have also highlighted workshop *series* (pages 6-12) that bring together workshops with related themes.

In addition to our popular *Introduction to CBT* series, this year we are also offering the following series:

- The “ABC”s of CBT
- Application of Your CBT Skills: Trans-diagnostic Working
- Application of Your CBT Skills: Introductions to Specialist Practices
- Complex Problems, Schema Work & Personality Disorder
- Advanced Cognitive Therapy Studies
- Child and Adolescent CBT
- The Psychosis and Bipolar Series
- The OCD series
- CBT and Trauma series
- CBT Supervision and Training Workshops

This year we have an outstanding list of invited presenters who are at the forefront of CBT research and clinical practice:

Simon Darnley & Tara O'Donoghue	An Introduction to Compassionate Focussed Therapy (CFT) being applied to Anxiety Disorders and how to apply CFT to YOU!
David Veale	Treating Body Dysmorphic Disorder
Fiona Kennedy	Putting DBT* into (your) Practice: A Taster Session
Dougal Hare	Cognitively Informed Behavioural Psychotherapy (cBT) for People with Asperger's Syndrome/High-Functioning Autism
Trudie Chalder	Medically Unexplained Symptoms: A Scientist Practitioner Approach to CBT
Louise Johns & Joe Oliver	Acceptance and Commitment Therapy (ACT) with People with Psychosis
Sue Clohessy	The Supervisory Relationship
Kate Muse	Assessment for Learning: How to Use the Assessment of Core CBT Skills (ACCS) as a Tool for Feedback and Self-Reflection
Katherine Pugh &	CBT Treatment of Worry for Patients with Persecutory Delusions: An

Louise Isham	Evidence-based Low-intensity Cognitive Behavioural Intervention for Psychosis
Kerry Young	Working with Refugees and Asylum Seekers with PTSD
Craig Steel & Amy Hardy	An Introduction to Cognitive Therapy for Post-Traumatic Stress Reactions in 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
Stephen Barton	The “Newcastle Model” of Supervision

2016 marks the launch of our newly structured postgraduate courses leading to awards from the **University of Oxford**. We will be continuing to offer all of the existing high quality training courses, and some new ones, including a *PG Certificate in CBT for Psychosis and Bipolar*. The new modular structure offers more flexible ways to tailor training to your own needs, allowing you to choose whether and how to specialise, and providing the opportunity to begin with a PG Certificate level and progress all the way to an MSc in CBT should you wish. See pages 82-83 for details and learn more via our website www.octc.co.uk about how to apply.

We are already planning the 2016 Annual Congress, the 5th in the series, which will also mark the silver anniversary of the OCTC/University of Oxford PG Diploma in CBT. The congress is entitled: ***Out of the Box, but True to our Roots: Maintaining CBT fidelity in an ever demanding world.*** This topic is true to the essence of OCTC’s practice and we are delighted that a range of excellent speakers are already confirmed for this event, including OCTC staff, past and present, and others who have close links with OCTC as associates and graduates of the CBT Diploma. The event will take place in the beautiful setting of St Hilda’s College, Oxford in September 2016. See page 36 for further details and watch our website for updates in due course.



This programme is up to date at the time of printing in October 2015, but additions and amendments will be found on our website at www.octc.co.uk. We continue to offer on request tailored training for groups of practitioners and clinical services in your own setting. Please contact us via our website or by telephone for further details.

Best wishes

Alison Croft
OCTC Academic Programme Lead.

WORKSHOPS AT A GLANCE

Date	Workshop Title	Presenter(s)	Pg
6 - 7 Jan 25 – 26 Jan 16 – 17 Feb 2 – 3 Mar	Introduction to CBT Course (Series 1) Parts 1-4	OCTC staff	13
13 Jan	Don't panic! : Developing more Advanced Skills for Working with Panic Disorder & Agoraphobia	Alison Croft	14
14 Jan	The ABC of OCD	Joy McGuire	15
11 Feb	Supervision in CAMHS: Complexities, Models and Practical Aspects	Anne Stewart	16
22 Feb	An Introduction to Working with Survivors of Childhood Trauma	Helen Kennerley	17
14 – 15 Mar	Developing and Honing a CBT Research Project: Feasible and Fun, Who Knew?	Sarah Rakovshik	18
	Child & Adolescent Course		
15 – 16 Mar	Block 1: Introduction to Basic Skills	Jonquil Drinkwater	19
18 – 19 May	Block 2: Expanding Basic Skills	Anne Stewart	
15 – 16 Sep	Block 3: CBT for Anxiety Disorders in Children & Adolescents	Polly Waite	
6 – 7 Dec	Block 4: Working with Depression & Eating Disorders		
13 Apr	Putting DBT* into (your) Practice: A Taster Session *(Dialectical Behaviour Therapy)	Fiona Kennedy	23
14 Apr	Joined-Up CBT for Survivors of Childhood Trauma: Oxford 18-session Programme for Individuals, Pairs and Groups	Alison Croft Helen Kennerley	24
20 Apr	CBT Treatment of Worry for Patients with Persecutory Delusions: An Evidence-based Low-intensity Cognitive Behavioural Intervention for Psychosis	Katherine Pugh Louise Isham	25
21 Apr	An Introduction to Cognitive Therapy for Post-Traumatic Stress Reactions in Psychosis	Craig Steele Amy Hardy	26
28 Apr	Cognitively Informed Behavioural Psychotherapy (cBT) for People with Asperger's Syndrome/High-Functioning Autism	Dougal Hare	27
5 May	Medically Unexplained Symptoms: A Scientist Practitioner Approach to CBT	Trudie Chalder	28
9 May	Trauma Focused CBT with Children & Young People	Patrick Smith	29
10 May	Working with Refugee & Asylum Seekers with PTSD	Kerry Young	30
12 May	The ABC of GAD: Generalised Anxiety Disorder made Simple	Helen Kennerley	31
16 May	An Introduction to Compassionate Focussed Therapy (CFT) being applied to Anxiety Disorders and how to apply CFT to YOU!	Simon Darnley Tara O'Donoghue	32
17 May	Treating Body Dysmorphic Disorder	David Veale	34

7 Jun	Acceptance and Commitment Therapy (ACT) with People with Psychosis	Louise Johns Joe Oliver	35
9 Sep	 OCTC 5th Congress – Outside the Box but True to our Roots: Maintaining CBT Fidelity in an Ever Demanding World 	Sarah Corrie Nick Grey Helen Kennerley Anne Stewart Sarah Rakovshik	36
13 – 14 Sep 3 – 4 Oct 26 – 27 Oct 15 – 16 Nov	Introduction to CBT Course (Series 2) Parts 1-4	OCTC staff	37
22 Sep	A Beginner's Guide to Psychosis & Bipolar	Louise Isham	38
17 – 18 Oct	How to Be an Inspiring Trainer	Melanie Fennell	39
19 – 20 Oct	An Introduction to CBT Supervision	Helen Kennerley	40
1 Nov	An Introduction to the Concept of Psychological Trauma: Beyond PTSD	Helen Kennerley	41
2 Nov	Trauma and Trauma Memory	Helen Kennerley	42
3 Nov	Dissociation, Intrusive Images and the Brain	Helen Kennerley	43
9 Nov	Schemata: A User's Guide	Helen Kennerley	44
10 Nov	Schemata: Management Basics	Helen Kennerley	45
17 Nov	Working with Resilience in CBT	Joy McGuire	46
23 Nov	Working with Psychosis: An Introduction to CBT for Delusions	Louise Isham	47
24 Nov	Working with Psychosis: An Introduction to CBT for Voices	Louise Isham	48
28 Nov	The Supervisory Relationship	Sue Clohessy	49
28 – 29 Nov	Making Sense of Trauma: The Core Tasks of Working with Trauma memories following Adult Trauma	Martina Mueller	50
5 Dec	Anger Management: A CBT Approach	Joy McGuire	51

2017 dates			
4 – 5 Jan 23 – 24 Jan 14 – 15 Feb 1 – 2 Mar	Introduction to CBT Course (Series 1) Parts 1-4	OCTC staff	52
18 Jan	Understanding Clients with Complex Problems: An Introduction	Helen Kennerley	53
1 Feb	An Introduction to Developmental Trauma: The Neuro-Psycho-Social Impact of Childhood Abuse & Neglect	Helen Kennerley	54
6 Feb	SoS: Supervision of Supervision	Helen Kennerley	55
7 – 8 Feb	The Newcastle Model of Supervision	Stephen Barton	56
9 Feb	Assessment for Learning: How to Use the Assessment of Core CBT Skills (ACCS) as a Tool for Feedback and Self-Reflection	Kate Muse	57
23 Feb	Multiple Trauma: How and When to Work with Trauma Memories	Alison Croft Martina Mueller	58
27 Feb	Advancing Your Schema Work: Modes and More	Sarah Rakovshik	59

28 Feb	Bouncing Forward: A Transdiagnostic CBT Approach to Overcoming Adversity	Sarah Rakovshik	60
9 Mar	Where Do I Start? Formulating and Working with Problems of Co-Morbidity	Joy McGuire	61
14 Mar	Treating Traumatic Grief	Louise Isham Martina Mueller	62
28 Mar	New Modalities of Working with Depression: Mindfulness-Based Cognitive Therapy: A New Approach to Recurrent Depression	Melanie Fennell	63
29 Mar	New Modalities of Working with Depression: Imagery Rescripting in the Treatment of Major Depression	Jon Wheatley	64
17 – 18 May	Anxiety: Clinical Update & Masterclass	Nick Grey	65

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 two additional days: the first focusses on Supervision in CAMHS and the second on trauma in children and young people. Block 1 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.

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. You are also encouraged to have experience in using CBT before enrolling for the Supervision in CAMHS day.

			Pg
11 Feb 2016	Supervision in CAMHS: Complexities, Models and Practical Aspects	Anne Stewart	16
15 – 16 Mar	Block 1: Introduction to Basic Skills	Jonquil Drinkwater	19
9 May	Trauma Focused CBT with Children & Young People	Patrick Smith	29
18 May	Block 2: Day 1 – Involving the Family	Anne Stewart	20 - 22
19 May	Block 2: Day 2 – Identifying and Modifying Images & Beliefs	Jonquil Drinkwater	
15 – 16 Sep	Block 3: CBT for Anxiety Disorders with Children & Adolescents	Polly Waite	
6 Dec	Block 4: Day 1 – Working with Depression	Jonquil Drinkwater	
7 Dec	Block 4: Day 2 – Working with Eating Disorders	Anne Stewart	

The Psychosis and Bipolar Series

In recent years the evidence base supporting the use of CBT with people with psychosis has been steadily increasing, and the recognition of the need to increase access to therapies for this population is reflected in the Improving Access to Psychological Therapies (IAPT) for Severe Mental Illness (SMI) initiative. With this in mind, OCTC are delighted to offer a workshop series focusing on CBT for psychosis.

This series offers a range of workshops including a “Beginner’s Guide” workshop (presenting an introduction to the basic principles of working with people with psychotic and bipolar disorders), two “Working with Psychosis” workshops (providing a more in depth introduction to work with delusions and voices) and several single-day workshops for the more experienced clinician hoping to refine specific skills using latest evidence-based techniques (Worry Interventions for Psychosis; 3rd Wave approaches to Psychosis; Post-traumatic Stress Reactions in Psychosis).

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 psychosis. Please note that as this series follows an academic year the more “beginner” workshops are provided in the Autumn, with more specialist/advanced workshops in the Spring and Summer. We are also hoping to add workshops on using CBT for Early Intervention, and CBT for bipolar disorder to the programme so please keep an eye out for these which will be advertised via the OCTC website.

20 Apr	CBT Treatment of Worry for Patients with Persecutory Delusions: An Evidence-based Low-intensity Cognitive Behavioural Intervention for Psychosis	Katherine Pugh Louise Isham	25
21 Apr 2016	An Introduction to Cognitive Therapy for Post-Traumatic Stress Reactions in Psychosis	Craig Steele Amy Hardy	26
7 Jun	Acceptance and Commitment Therapy (ACT) with People with Psychosis	Louise Johns Joe Oliver	35
22 Sep	A Beginner’s Guide to Psychosis & Bipolar	Louise Isham	38
23 Nov	Working with Psychosis: An Introduction to CBT for Delusions	Louise Isham	47
24 Nov	Working with Psychosis: An Introduction to CBT for Voices	Louise Isham	48

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, Alison Croft will help you gain confidence in tackling Panic Disorder and Agoraphobia, while Joy McGuire will do the same for OCD and Anger Management in her two workshops. In addition, Helen Kennerley will present the ABC of GAD. Each workshop is presented by experienced (and wise) CBT practitioners and each offers training that will certainly enhance your practice.

13 Jan 2016	Don’t panic! : Developing more Advanced Skills for Working with Panic Disorder & Agoraphobia	Alison Croft	14
14 Jan	The ABC of OCD	Joy McGuire	15
12 May	The ABC of GAD: Generalised Anxiety Disorder made Simple	Helen Kennerley	31
5 Dec	Anger Management: A CBT Approach	Joy McGuire	51

CBT Supervision and Training Workshops

Supervision and training are crucial in developing and maintaining adequate standards of CBT amongst therapists. 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 and training in CBT. Therefore, we are pleased to be able to present several workshops that will help you develop both your supervisory and your training skills. These workshops cover a wide range of relevant topics.

If you wish to gain a more intensive training as a CBT supervisor and trainer, OCTC (in conjunction with the University of Oxford) also offers a specialist Postgraduate Certificate in CBT (Supervision & Training). Please see our website for more information about OCTC / University of Oxford courses.

11 Feb 2016	Supervision in CAMHS: Complexities, Models and Practical Aspects	Anne Stewart	16
17 – 18 Oct	How to Be an Inspiring Trainer	Melanie Fennell	39

19 – 20 Oct	An Introduction to CBT Supervision	Helen Kennerley	40
28 Nov	The Supervisory Relationship	Sue Clohessy	49
6 Feb 2017	SoS: Supervision of Supervision	Helen Kennerley	55
7 – 8 Feb	The Newcastle Model of Supervision	Stephen Barton	56
9 Feb	Assessment for Learning: How to Use the Assessment of Core CBT Skills (ACCS) as a Tool for Feedback and Self-Reflection	Kate Muse	57

Application of Your CBT Skills: Trans-diagnostic Working

This workshop series 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 to developing quite new ways of working through enhancing Resilience and Working with Adversity. 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.

In addition, we have a “taster” workshop for those wishing to expand their CBT skills with DBT techniques and understandings.

13 Apr 2016	Putting DBT* into (your) Practice: A Taster Session *(Dialectical Behaviour Therapy)	Fiona Kennedy	23
14 Apr	Joined-Up CBT for Survivors of Childhood Trauma: Oxford 18-session Programme for Individuals, Pairs and Groups	Alison Croft Helen Kennerley	24
1 Nov	An Introduction to the Concept of Psychological Trauma: Beyond PTSD	Helen Kennerley	41
3 Nov	Dissociation, Intrusive Images and the Brain	Helen Kennerley	43
17 Nov	Working with Resilience in CBT	Joy McGuire	46
18 Jan 2017	Understanding Clients with Complex Problems: An Introduction	Helen Kennerley	53
1 Feb	An Introduction to Developmental Trauma: The Neuro-Psycho-Social Impact of Childhood Abuse & Neglect	Helen Kennerley	54
28 Feb	Bouncing Forward: A Transdiagnostic CBT Approach to Overcoming Adversity	Sarah Rakovshik	60
9 Mar	Where Do I Start? Formulating and Working with Problems of Co-Morbidity	Joy McGuire	61

OCD Series

Obsessive Compulsive Disorder is a distressing, complex and often exasperating problem for sufferers and therapists alike. Our series of workshops aims to balance an overview of theory with practical suggestions for effective clinical practice. We start with a workshop focusing on first principles of evidenced based CBT interventions for OCD. We then offer a workshop introducing new developments in integrating compassion focused interventions into CBT for OCD. Our series concludes with a workshop on CBT for Body Dysmorphic Disorder, a related condition with many common characteristics of OCD.

14 Jan 2016	The ABC of OCD	Joy McGuire	15
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16 May	An Introduction to Compassionate Focussed Therapy (CFT) being applied to Anxiety Disorders and how to apply CFT to YOU!	Simon Darnley Tara O'Donoghue	32
17 May	Treating Body Dysmorphic Disorder	David Veale	34

Complex Problems, Schema Work & 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 will enhance your understanding of patients with complex difficulties and will address the common challenges of 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 developments in working with recurrent depression, the specific problems of managing self-injurious behaviours, enhancing resilience and working with patients who have “dramatic” personality disorders. For those working with survivors of childhood trauma, there is an introduction to an 18-session programme tailored to their needs. In addition, we have a “taster” workshop for those wishing to expand their CBT skills with DBT techniques and understandings.

We have also included presentations on both basic and advanced schema-based interventions which will help you understand the impact of schemata and suggest ways of managing schema-driven difficulties.

13 Apr 2016	Putting DBT* into (your) Practice: A Taster Session *(Dialectical Behaviour Therapy)	Fiona Kennedy	23
14 Apr	Joined-Up CBT for Survivors of Childhood Trauma: Oxford 18-session Programme for Individuals, Pairs and Groups	Alison Croft Helen Kennerley	24
2 Nov	Trauma and Trauma Memory	Helen Kennerley	42
3 Nov	Dissociation, Intrusive Images and the Brain	Helen Kennerley	43
9 Nov	Schemata: A User's Guide	Helen Kennerley	44
10 Nov	Schemata: Management Basics	Helen Kennerley	45
17 Nov	Working with Resilience in CBT	Joy McGuire	46
18 Jan 2017	Understanding Clients with Complex Problems: An Introduction	Helen Kennerley	53
1 Feb	An Introduction to Developmental Trauma: The Neuro-Psycho-Social Impact of Childhood Abuse & Neglect	Helen Kennerley	54
27 Feb	Advancing Your Schema Work: Modes and More	Sarah Rakovshik	59
28 Feb	Bouncing Forward: A Transdiagnostic CBT Approach to Overcoming Adversity	Sarah Rakovshik	60
9 Mar	Where Do I Start? Formulating and Working with Problems of Co-Morbidity	Joy McGuire	61
28 Mar	New Modalities of Working with Depression: Mindfulness-Based Cognitive Therapy: A New Approach to Recurrent Depression	Melanie Fennell	63
29 Mar	New Modalities of Working with Depression: Imagery Rescripting in the Treatment of Major Depression	Jon Wheatley	64

Application of Your CBT Skills: Introductions to Specialist Practices

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 and Research invaluable.

11 Feb 2016	Supervision in CAMHS: Complexities, Models and Practical Aspects	Anne Stewart	16
14 – 15 Mar	Developing and Honing a CBT Research Project: Feasible and Fun, Who Knew?	Sarah Rakovshik	18
15 – 16 Mar	CBT with Children and Adolescents: Block 1: Introduction to Basic Skills	Jonquil Drinkwater	19
28 Apr	Cognitively Informed Behavioural Psychotherapy (cBT) for People with Asperger's Syndrome/High-Functioning Autism	Dougal Hare	27
5 May	Medically Unexplained Symptoms: A Scientist Practitioner Approach to CBT	Trudie Chalder	28
9 May	Trauma Focused CBT with Children & Young People	Patrick Smith	29
10 May	Working with Refugee & Asylum Seekers with PTSD	Kerry Young	30
17 May	Treating Body Dysmorphic Disorder	David Veale	34
18 May	CBT with Children and Adolescents: Block 2: Day 1 Involving the Family	Anne Stewart	20
19 May	CBT with Children and Adolescents: Block 2: Day 2 Identifying and Modifying Images & Beliefs	Jonquil Drinkwater	20
15 – 16 Sep	CBT with Children and Adolescents: Block 3 CBT for Anxiety Disorders with C&A	Polly Waite	21
22 Sep	A Beginner's Guide to Psychosis & Bipolar	Louise Isham	38
17 – 18 Oct	How to Be an Inspiring Trainer	Melanie Fennell	39
19 – 20 Oct	An Introduction to CBT Supervision	Helen Kennerley	40
1 Nov	An Introduction to the Concept of Psychological Trauma: Beyond PTSD	Helen Kennerley	41
28 – 29 Nov	Making Sense of Trauma: The Core Tasks of Working with Trauma memories following Adult Trauma	Martina Mueller	50
6 Dec	CBT with Children and Adolescents: Block 4: Day 1 Working with Depression	Jonquil Drinkwater	22
7 Dec	CBT with Children and Adolescents: Block 4: Day 2 Working with Eating Disorders	Anne Stewart	22
18 Jan 2017	Understanding Clients with Complex Problems: An Introduction	Helen Kennerley	53
1 Feb	An Introduction to Developmental Trauma: The Neuro-Psycho-Social Impact of Childhood Abuse & Neglect	Helen Kennerley	54

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 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 CBT (Psychological Trauma)*. Full details of this University of Oxford linked course can be found on our website.

14 Apr 2016	Joined-Up CBT for Survivors of Childhood Trauma: Oxford 18-session Programme for Individuals, Pairs and Groups	Helen Kennerley & Alison Croft	24
21 Apr	An Introduction to Cognitive Therapy for Post-Traumatic Stress Reactions in Psychosis	Craig Steele Amy Hardy	26
9 May	Trauma Focused CBT with Children & Young People	Patrick Smith	29
10 May	Working with Refugee & Asylum Seekers with PTSD	Kerry Young	30
1 Nov	An Introduction to the Concept of Psychological Trauma: Beyond PTSD	Helen Kennerley	41
2 Nov	Trauma and Trauma Memory	Helen Kennerley	42
3 Nov	Dissociation, Intrusive Images and the Brain	Helen Kennerley	43
28 – 29 Nov	Making Sense of Trauma: The Core Tasks of Working with Trauma memories following Adult Trauma	Martina Mueller	50
1 Feb 2017	An Introduction to Developmental Trauma: The Neuro-Psycho-Social Impact of Childhood Abuse & Neglect	Helen Kennerley	54
23 Feb	Multiple Trauma: How and When to Work with Trauma Memories	Alison Croft Martina Mueller	58
14 Mar	Treating Traumatic Grief	Louise Isham Martina Mueller	62

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 aimed to meet the needs of experienced CBT practitioners who were 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 four short-course options:

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

The workshops offer introductory training in these important areas of CBT dissemination.

14 – 15 Mar 2016	Developing and Honing a CBT Research Project: Feasible and Fun, Who Knew?	Sarah Rakovshik	18
17 – 18 Oct	How to Be an Inspiring Trainer	Melanie Fennell	39
19 – 20 Oct	An Introduction to CBT Supervision	Helen Kennerley	40
28 Nov	The Supervisory Relationship	Sue Clohessy	49
18 Jan 2017	Understanding Clients with Complex Problems:	Helen Kennerley	53

	An Introduction		
6 Feb	SoS: Supervision of Supervision	Helen Kennerley	55
7 – 8 Feb	The Newcastle Model of Supervision	Stephen Barton	56
28 Mar	New Modalities of Working with Depression: Mindfulness-Based Cognitive Therapy: A New Approach to Recurrent Depression	Melanie Fennell	63
29 Mar	New Modalities of Working with Depression: Imagery Rescripting in the Treatment of Major Depression	Jon Wheatley	64
17 – 18 May	Anxiety: Clinical Update & Masterclass	Nick Grey	65

How to meet your training needs

There are several ways of benefiting from the Advanced Cognitive Therapy trainings: you can enrol for:

- Specific workshops in the ‘open workshop’ series (see above)
- The OCTC **Short-Courses in Advanced Skills (Clinical skills or Research skills)** as attendance only courses: these carry a University of Oxford Certificate of Attendance.
- The OCTC **Short-Courses in Advanced Skills (Clinical skills or Research skills)**, as formally assessed courses: these carry University of Oxford CATS points.
- **Postgraduate Certificate in CBT (Supervision & Training)**: an assessed postgraduate course run in conjunction with the University of Oxford (carries 60 CATS points)

For further information about the short-courses or the PG Certificate, please visit our website.

INTRODUCTION TO CBT COURSE (SERIES 1)

OCTC staff

January – March 2016

Part 1: Assessment & Formulation – 6th & 7th 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. Using role-played ‘clients’, 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 – 25th & 26th 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 – 16th & 17th 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 – 2nd & 3rd 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 79)

Venue: McInnes Room, Warneford Hospital

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 will 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

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 that take account of the complexities in this age group. Dr. Anne Stewart has done just this.

This practical workshop will help you to develop the understanding and the skills necessary to provide supervision for clinicians working with this age group.

During the workshop Dr Stewart will:

- present her model of CAMHS supervision
- provide an opportunity to hear about and discuss supervision models and theoretical approaches
- consider how this can be applied to clinical practice
- discuss dilemmas experienced in supervision
- try out different ways of working through the use of practical exercises

This workshop assumes that attendees are experienced in the use of CBT and are in a position to supervise others.

Level: 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 unusual 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

DEVELOPING AND HONING A CBT RESEARCH PROJECT: FEASIBLE AND FUN, WHO KNEW?

Sarah Rakovshik

14th – 15th March 2016

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 guide you through the process of designing, honing 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.

This workshop is tailored to meet the needs of those pursuing the MSc in CBT, but would be appropriate for any CBT practitioner seeking to incorporate research into their clinical practice

By the end of this workshop, participants will:

- Appreciate that research can be relevant, fascinating and feasible, particularly for practicing clinicians
- Use sound research methodology to design a project that can be conducted within your service and area of interest
- Increase their confidence and skill in pursuing ethical approval for their 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

CBT WITH CHILDREN AND ADOLESCENTS

Jonquil Drinkwater, Anne Stewart & Polly Waite

March – December 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 two additional days:

Supervision in CAMHS

Anne Stewart, 11th February 2016 (see page 16)

Trauma focused CBT with Children and Young People

Patrick Smith, 9th May 2016 (see page 29)

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.

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. You are also encouraged to have experience in using CBT before enrolling for the Supervision in CAMHS day.

Block 1: Introduction to Basic Skills for Children & Adolescents

Jonquil Drinkwater

15th - 16th March 2016 (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: Johnson Room, Unipart Conference Centre, Oxford

Block 2: Expanding Basic Skills for Children & Adolescents

Anne Stewart & Jonquil Drinkwater

18th & 19th May 2016

18th May - 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.) *The Oxford Guide to Surviving as a CBT Therapist*. Oxford: Oxford University Press.

Level: Intermediate

Cost: £140, incl. lunch (or £270 for two days if booked together with 19th May 2016)

Venue: Johnson Room, Unipart Conference Centre, Oxford

19th May - 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 18th May 2016)

Venue: Johnson Room, Unipart Conference Centre, Oxford

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.

Block 3: CBT for Anxiety Disorders in Children & Adolescents

Polly Waite

15th & 16th September 2016 (two-day workshop)

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:

Essau, C.A. & Ollendick, T.H. (2013). *The Wiley-Blackwell handbook of the treatment of childhood and adolescent anxiety*. Chichester: Wiley-Blackwell.

Kendall, P.C., Robin, J.A. Hedtke, K.A. & Suveg, C. (2005). Considering CBT with anxious youth? Think exposures. *Cognitive and Behavioural Practice*, 12, 136-150.

Reynolds, S., Wilson, C., Austin, J. & Hooper, L. (2012). Effects of psychotherapy for anxiety in children and adolescents: A meta-analytic review. *Clinical Psychology Review*, 32, 251–262.

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

6th & 7th December 2016

6th 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 7th December 2016)

Venue: Johnson Room, Unipart Conference Centre, Oxford

7th 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 6th December 2016)

Venue: Johnson Room, Unipart Conference Centre, Oxford

PUTTING DBT* INTO (YOUR) PRACTICE: A TASTER SESSION *(DIALECTICAL BEHAVIOUR THERAPY)

Fiona Kennedy

13th April 2016

Dr Kennedy presents a 'Taster' one-day course outlining what DBT is and illustrating how it can serve as a full service but also how you can incorporate aspects of it into your practice.

- DBT is especially useful for clients who are ambivalent towards change, DBT offers strategies to increase commitment to the therapeutic process, prevent drop outs, and maximise collaboration and effectiveness.

The day will cover:

- **An outline of DBT- including theoretical principles, and the stages and structure of DBT**
- **Engaging Clients in Treatment**
- **Building Acceptance, Alliance and Trust**
- **Focusing on Change with DBT**
- **Teaching clients skills**
- **Getting unstuck**

Participants will experience illustrations of how to use *mindfulness*, *validation* and *dialectical* strategies. DBT also *targets* specific behaviours that need to change, helping therapists and clients to prioritise problems and focus their sessions.

Participants will have the chance to observe a role play of a typical DBT skills group.

Participants are encouraged to bring their own cases or even their own bad habits to use as material to demonstrate the DBT approach and will leave with a plan to apply skills in their own practice.

Level: Intermediate

Cost: £130

Venue: McInnes Room, Warneford Hospital

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

Alison Croft & Helen Kennerley

14th April 2016

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. Our Oxford programme was recently referred to in the Guardian newspaper (13th July 2015) and a female group member wrote: *“We found it easy to be compassionate with each other, and then it became easier to extend compassion to ourselves. For all of us, I think, it was the first time we felt truly understood. Truly cared for and supported. Those women saved me.”*

However we need to think carefully about:

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

This workshop will help you decide if the programme is relevant for your patients and, if it is, how to help them get the most out of the experience. We will introduce and take you through the 18-session intervention, which we developed in Oxford and which we have been using and refining for over 20 years.

The programme comprises:

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

Although the programme was originally intended for group use, we have also found it appropriate for use with individuals and for an innovative “pair therapy” (two patients working together). Some of you might find that individual or “pair” work better suits your patient, and we will be reflecting on these options over the day.

This is an interactive workshop, led by 2 clinicians who are familiar with running the programme, and one which will involve participants in discussions and small group exercises.

A manual of the programme is included in the cost of the workshop.

Level: Intermediate – Advanced

Cost: £150 incl. lunch & manual

Venue: Anderson Room, Unipart Conference Centre, Oxford

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

Katherine Pugh & Louise Isham

20th April 2016

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

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

Craig Steel & Amy Hardy

21st April 2016

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

COGNITIVELY INFORMED BEHAVIOURAL PSYCHOTHERAPY (CBT) FOR PEOPLE WITH ASPERGER'S SYNDROME/HIGH-FUNCTIONING AUTISM

Dougal Hare

28th April 2016

This workshop, based upon Dr Hare's 2013 BABCP conference keynote workshop, will look at how emerging research into 'real world' cognitive and emotional functioning in people with autism spectrum disorders, including Aspergers Syndrome / high-functioning autism, can be used to directly inform both the commissioning of services for this client group and individual clinical practice. The emphasis in this workshop will be on developing and using practical approaches within the framework of Small c, Big B therapy for Asperger's syndrome (cBT-AS), based upon research and clinical work carried out in the North West over the past decade.

The workshop will involve working through cases and so participants should attend with a specific case in mind. At the end of this workshop, participants will:

- have knowledge of 'real world' cognitive and emotional functioning in people with autism
- understand the contexts in which adults with autism seek psychological help
- be familiar with appropriate assessments and modifications to therapeutic practice
- be familiar with the framework for cBT-ASD
- have a plan for working with a client with autism

Level: Intermediate

Cost: £140, incl. lunch

Venue: Johnson Room, Unipart Conference Centre, Oxford

MEDICALLY UNEXPLAINED SYMPTOMS: A SCIENTIST PRACTITIONER APPROACH TO CBT

Trudie Chalder

5th May 2016

Medically unexplained symptoms (MUS) is the umbrella term applied to several related syndromes characterised more by symptoms and functional disability than demonstrable organic pathology. Some of these syndromes include irritable bowel syndrome, chronic fatigue syndrome, fibromyalgia, non-cardiac chest pain, chronic tension headache, dysmenorrhoea and chronic pelvic pain. Half of new attenders (50%) to medical outpatient clinics have at least one MUS (e.g. Nimnuan et al 2001) and 50% of these patients will have co-morbid anxiety and depression, severe sleep disturbance and severe disability.

Patients with MUS account for a large proportion of healthcare costs and utilisation (Reid et al 2002). The management of MUS is one of the most important tasks facing health professionals.

Professor Chalder's workshop will:

- 1) describe a transdiagnostic approach to understanding and treating MUS
- 2) give therapists an opportunity to practice some key skills for treating patients in the primary and secondary care setting.

References:

Chalder, T et al (2015) Rehabilitative therapies for chronic fatigue syndrome: a secondary mediation analysis of the PACE trial. *Lancet*, Published online January 14, 2015

[http://dx.doi.org/10.1016/S2215-0366\(14\)00069-8](http://dx.doi.org/10.1016/S2215-0366(14)00069-8)

Deary, V., Chalder, T., Sharpe, M (2007) The cognitive behavioural model of medically unexplained symptoms: A theoretical and empirical review *Clinical Psychology Review* 27 781–797

White, P.P et al (2011) Comparison of adaptive pacing therapy, cognitive behaviour therapy, graded exercise therapy, and specialist medical care for chronic fatigue syndrome (PACE): a randomised trial *Lancet* Published online February 18, 2011 DOI:10.1016/S0140-6736(11)60096-2

Level: Intermediate - Advanced

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

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

THE ABC OF GAD: GENERALISED ANXIETY DISORDER MADE SIMPLE

Helen Kennerley

12th May 2016

Generalized anxiety disorder, characterised by chronic anxiety and worry, is a common problem but one that can be more challenging than other anxiety disorders because it is easy to confuse it with other presentations such as OCD, social phobia or hypochondriasis. Diagnosis can be especially difficult when the GAD is co-morbid with another disorder - which is often the case.

But even when you are confident that your client has GAD – which cognitive model do you use? And what if your patient doesn't 'fit' the model?

This workshop will help you understand and formulate your client's GAD and will guide you through the optimum treatment approaches.

It covers:

- Definition, clinical presentation, epidemiology of GAD
- CBT models of GAD
 - Cognitive Avoidance Theory (Borkovec et al., 1983)
 - Metacognitive model (Wells, 1997, 2000)
 - Intolerance of Uncertainty (Dugas, Buhr & Ladouceur, 2004)
- Assessment & formulation
- CBT interventions for GAD
 - Distinguishing Type 1 and Type 2 worry
 - Distinguishing 'productive' and 'unproductive' worry
 - Modifying worry beliefs
 - Behavioural experiments
 - Problem solving
 - Relapse management

Helen Kennerley has practised CBT in the NHS for over 25 years and has much experience working with anxiety disorders – indeed, she has written books for both therapists and patients on the topic of managing anxiety. Her book, "Overcoming Anxiety" has sold over 160,000 copies and is one of the UK's "Books on Prescription".

Thus she has a wealth of clinical experience which she will draw on to illustrate the workshop.

Level: Intermediate

Cost: £140, incl. lunch

Venue: Baird Room, Unipart Conference Centre, Oxford

AN INTRODUCTION TO COMPASSIONATE FOCUSED THERAPY (CFT) BEING APPLIED TO ANXIETY DISORDERS AND HOW TO APPLY CFT TO YOU!

Simon Darnley & Tara O'Donoghue

16th May 2016

Our brains have evolved to allow great capacity for imagination, creativity and spontaneity but also shame, self-criticism and self-blame. Compassion focused therapy (CFT) was originally developed to target areas of self-criticism and shame. People experiencing high levels of these often find it difficult to feel soothed, connected or safe often due to difficult backgrounds (Gilbert 2010). CFT uses a multimodal integrated approach taken from neuroscience, evolutionary, developmental, and social and Buddhist Psychology (Gilbert 2009). Standard CBT methods such as guided discovery and generating alternative thoughts are reported by clients to be helpful but did not change the way they felt. CFT is now recognised as being a valuable approach to working with individuals with a wide range of mental health problems, often supplementing a CBT approach.

Background

At the National Specialist Anxiety Disorders Residential Unit (ADRU) at the Bethlem Royal Hospital we have integrated a compassionate focussed therapeutic community with our CBT framework. We specialise in treatment resistant anxiety disorders especially OCD and BDD. We believe that the addition of incorporating CFT has increased resilience, engagement and long lasting outcomes in clients.

This aims of this workshop are to:

1. Outline our CFT programme and how it relates to the treatment of Anxiety Disorders
2. Enhance your clinical skills when working with clients using CBT for anxiety disorders.
3. Enhance your clinical outcomes by integrating CFT into your daily practice
4. Building on your use of compassion within yourself and the workplace.

Who is this workshop appropriate for?

This one day workshop is appropriate for everyone with a clinical caseload who works within a CBT framework and wish to improve and develop their understanding and skills of CFT and how it can be applied to complex Anxiety disorders, especially OCD and BDD. It may be helpful to have some previous knowledge of CFT but novices are also welcome.

Outline to the workshop

The workshop will explore CBT and how CFT can be used alongside in relation to OCD/BDD. We will review the essential elements of good CBT vs bad CBT.

We will include an overview of the CFT (3 circles model), understanding how shame and self-criticism have an impact and how compassion can also act as an antidote to this. Using many clinical examples, vignettes and role plays whilst sharing our experiences of overcoming challenges with applying CFT in an individual and also group setting. The workshop will include the current 'building courage and compassion' programme that has been developed for clients and explore how the therapeutic community supports each other to practise compassion whilst moving towards recovery. The workshop will offer an introduction to compassionate mind exercises and you will be guided through 'tasters' to build your own compassionate selves.

The day is interactive; participation is to be expected, so wear loose clothing and bring your courage. You will be involved in role plays, sharing experiences and developing your compassionate self.

“Compassion is the courage to descend into the reality of human experience” - Paul Gilbert

References

Gilbert P (2009) Introducing compassion-focused therapy. *Advances in Psychiatric Treatment* **15**: 199–208

Gilbert (2010) An introduction to the theory and practice of Compassion Focused Therapy and Compassionate Mind training for shame based difficulties. Constable and Robinson.

Level: All levels (basic – advanced)

Cost: £130

Venue: McInnes Room, Warneford Hospital

TREATING BODY DYSMORPHIC DISORDER

David Veale

17th May 2016

Body Dysmorphic Disorder (BDD) is defined as a preoccupation with a perceived defect in one's appearance, which is not noticeable to others. The preoccupation is associated with a distorted felt body image with many "safety seeking" behaviours such as mirror gazing, camouflaging, skin-picking, ruminating or constant comparing of one's defect to others. Such patients have a poor quality of life, are socially isolated and are at high risk of committing suicide. Skin-picking may also be described a separate disorder when it is unrelated to BDD. People with BDD often have needless dermatological treatment and cosmetic surgery. Cognitive behaviour therapy and SSRI medications are recommended for treating BDD. Habit reversal is recommended for skin picking. The approach to treating BDD can also be used for treating body image problems in eating disorders.

Learning Objectives: By the end of the workshop participants will:

1. Recognize and diagnose BDD and differentiate it from eating disorders, body integrity identity disorder, social phobia, and depression in DSM5 and planned ICD11.
2. Understand a cognitive behavioural model of BDD and the factors that maintain the symptoms including the function of processes such as comparing self with others; being excessively self-focused; camouflaging one's appearance; monitoring and avoiding social threats such as shame, rejection and ridicule from others.
3. Use various assessment scales and conduct a functional analysis of cognitive processes and behaviours that are used as safety seeking.
4. Assess and help clients wanting cosmetic procedures.
5. Devise strategies for engagement and change in BDD with a focus on ceasing ruminating and comparing, dropping of avoidance and safety seeking behaviours; imagery rescripting for aversive memories; and habit reversal for skin-picking.
6. Understand the NICE guidelines for treating BDD and the role of medication.

Level: Intermediate - Advanced

Cost: £130

Venue: McInnes Room, Warneford Hospital

ACCEPTANCE AND COMMITMENT THERAPY (ACT) WITH PEOPLE WITH PSYCHOSIS

Louise Johns & Joe Oliver

7th June 2016

Experiential avoidance, cognitive fusion and limited perspective taking are associated with distress and disability in psychosis. ACT targets these processes and provides methods to create a flexible sense of self and meaningful life in the face of unwanted experiences. ACT cultivates experiential openness, self-awareness, engagement in life, defusion from psychotic symptoms, self-compassion, and actions based on personal values. Due to the emphasis on values-directed action, ACT is consistent with recovery principles and is highly acceptable to clients. It can be an accessible approach for people who would not usually engage in psychological therapy.

This workshop will help you to develop the skills and knowledge to work with people with psychosis using ACT. In addition to the teaching and demonstration, there will be plenty of opportunity to engage in novel exercises and practise skills in role-play activities. You will learn how to adapt ACT metaphors and exercises for people with psychosis.

The objectives are to:

1. Understand the problems of psychosis using a psychological flexibility formulation
2. Assist people with positive symptoms to have a workable relationship with these experiences, through mindfulness, defusion and perspective-taking
3. Engage people with psychosis in recovery-oriented conversations and action plans

Level: Intermediate

Cost: £130

Venue: McInnes Room, Warneford Hospital

**OUTSIDE THE BOX BUT TRUE TO OUR ROOTS:
MAINTAINING CBT FIDELITY IN AN EVER
DEMANDING WORLD
5TH OCTC CONGRESS**



9th September 2016

St Hilda's College

It began in the 1980's – CBT for depression was the victim of its own success and practitioners were repeatedly asked to apply the approach to other disorders, more complex and chronic difficulties and within diverse settings

In the 21st century the demand for diversity is as great as ever but now we are also asked to use CBT in fewer sessions and in modified formats. How can we do all this and remain true to Beckian roots?

This year's Congress presenters are familiar with the challenge of stretching the boundaries of CBT practice whilst respecting those boundaries.

This year is particularly special for OCTC as it marks the 5th OCTC Congress and the 25th anniversary of the OCTC / University of Oxford PG Diploma in CBT.

Presenters include (titles to be confirmed):

Dr. Nick Grey (Anxiety Disorders)

Dr Helen Kennerley (Developmental Trauma)

Prof Sarah Corrie (Couples Therapy)

Dr Anne Stewart (Systemic CBT)

Dr Sarah Rakovshik (Discussant)

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”

INTRODUCTION TO CBT COURSE (SERIES 2)

OCTC staff

September – November 2016

Part 1: Assessment & Formulation – 13th & 14th 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. Using role-played ‘clients’, 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 – 3rd & 4th October

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 – 26th & 27 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 – 15th & 16th 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 79)

Venue: McInnes Room, Warneford Hospital

A BEGINNER'S GUIDE TO PSYCHOSIS & BIPOLAR

Louise Isbam

22nd September 2016

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 to people with these presentations? Are you interested in working in this area but feel uncertain how to talk with sufferers about their experiences and whether or not you can adapt your generic clinical skills to help them?

This introductory workshop is for those new to working with Psychosis and Bipolar disorders 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 practised 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: £130

Venue: McInnes Room, Warneford Hospital

HOW TO BE AN INSPIRING TRAINER

Melanie Fennell

17th – 18th October 2016

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"

"Beautifully designed - completely modelled how to train. Extremely useful to me in my job"

"Thank you for this wonderful learning opportunity"

Level: Intermediate – Advanced

Cost: £260 for 2 days

Venue: Ewert House, Summertown, Oxford

AN INTRODUCTION TO CBT SUPERVISION

Helen Kennerley

19th – 20th October 2016

Supervision is increasingly 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 CBT clinicians are offered sound supervision in CBT.

Therefore, we are pleased to be able to offer this 2-day introductory training which focuses on developing and refining the essential skills of CBT supervision. The workshop aims to help you become a 'good' supervisor by introducing you to contemporary therapy and research along with a grounding in well-established principles of good practice.

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: £260 for 2 days

Venue: Ewert House, Summertown, Oxford

AN INTRODUCTION TO THE CONCEPT OF PSYCHOLOGICAL TRAUMA: BEYOND PTSD

Helen Kennerley

1st November 2016

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 and it aims to clarify the various and varying post-traumatic presentations that we can encounter in our clinical work.

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

You will already have experience in working with patients, you will have a range of therapeutic strengths and abilities and a further aim of the workshop is to help you harness *your skills* to aid your patients - and the key to this is understanding not just how problems developed but what maintains them.

Thus 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 *today*: we look at the “ripple effect” of trauma and appreciate how a specific event (or events) can pervade many aspects of life-long functioning. The workshop will help you develop conceptualisations of [multiple] current difficulties in the context of past experience, but we will aim to do this a simply and as parsimoniously as possible. We want to avoid feeling overwhelmed as therapists and overwhelming our patients!

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

The workshop will address:

- Understanding the wide range of psychological problems that develop as a consequence of psychological trauma in childhood and /or in adulthood
- Developing a concise but comprehensive understanding of the impact of trauma using the “ripple effect” heuristic.
- Considering clinical treatment implications and building on your strengths

Clinical material will be used throughout to illustrate teaching points.

Level: Intermediate - Advanced

Cost: £130

Venue: McInnes Room, Warneford Hospital

TRAUMA AND TRAUMA MEMORY

Helen Kennerley

2nd November 2016

How do we understand memories relating to trauma? What happens in the brain to explain unwanted intrusions and unhelpful attitudes? How accurate are those memories? Can memory be held in non-verbal and non-visual forms? How do we understand flashbacks?

If you work with survivors of emotional trauma - be the trauma recent or distant, single or repeated - much of your work will have to address key memories linked with traumatic events, repeated intrusions, nightmares and flashbacks.

This workshop introduces the basics of understanding the brain mechanisms of memory, the reliability of memory and the impact of early experiences and traumatic experiences. It is an important foundation workshop in understanding the phenomenology of trauma related problems and in particular, dissociation.

Flashbacks are common amongst trauma survivors - intense, fragmented memories which are vivid and intrusive and which comprise various sensory experiences, such as visual images, bodily sensations, smells, sounds, and which recreate recollections with apparent verisimilitude. This workshop explores flashbacks but also memory beyond flashbacks, after all, patients experience other key traumatic memories. For example, persistent intrusions, some of which have become thematic or metaphorical over time and which can be perplexing for the clinician to understand.

This workshop aims to clarify the neuropsychology of trauma and traumatic memories, thus giving you a sound basis for formulating and managing difficulties arising from trauma –related memories and dissociation.

The workshop will address:

- The neuro-anatomy of trauma (this is mostly colourful pictures of the brain!)
- The impact of acute and of chronic emotional trauma on memory and information processing
- The underlying mechanisms of type I trauma related flashbacks and type II trauma related flashbacks, exploring the similarities and differences between them
- Clinical treatment implications

Clinical material will be used throughout to illustrate teaching points.

Recommended reading: Kennerley H & Kischka U (2013) *The Brain and Memory* & Kennerley H & Kischka U (2013) *The Brain, Neuropsychology and Dissociation* Both in: Kennedy F, Kennerley H, Pearson D (2013) *Cognitive Behavioural Approaches to the Understanding and Treatment of Dissociation* Routledge

Level: Intermediate - Advanced

Cost: £130

Venue: McInnes Room, Warneford Hospital

DISSOCIATION, INTRUSIVE IMAGES AND THE BRAIN

Helen Kennerley

3rd November 2016

Dissociation is an ill-defined and often poorly understood phenomenon, yet many of us will find ourselves working with patients who experience degrees of dissociation that can be very disabling. For example, the anxious person who struggles with episodes of de-realization, the patient with low-self-esteem who suffers with de-personalization, the traumatised or depressed person who is disabled by flashbacks or flash forwards, the client with a poorly developed sense of self. Dissociation is not limited to patients with PTSD and it is helpful for clinicians to be able to recognise and understand dissociation.

Thus, this workshop focuses on developing a clearer understanding of dissociative reactions by reviewing the neuropsychology of different presentations and, ultimately, developing a framework (or two) that can inform clinicians' work. In understanding more about the presentations of dissociation, you will probably find that you have many skills that you can draw on and the workshop presenter will encourage you to consider what strengths you have as well as introducing some "top-tips" for helping those with dissociative problems.

The workshop will cover:

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

A useful text: Kennedy, Kennerley & Pearson (2013) "Cognitive Behavioural Approaches to the understanding and treatment of Dissociation" Routledge

This workshop combines 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.

Recommended reading: Kennerley H & Kischka U (2013) *The Brain and Memory* & Kennerley H & Kischka U (2013) *The Brain, Neuropsychology and Dissociation* Both in: Kennedy F, Kennerley H, Pearson D (2013) *Cognitive Behavioural Approaches to the Understanding and Treatment of Dissociation* Routledge

Level: Intermediate - Advanced

Cost: £130

Venue: McInnes Room, Warneford Hospital

SCHEMATA: A USER'S GUIDE

WHAT IS A SCHEMA AND WHY DO WE NEED TO KNOW?

Helen Kennerley

9th November 2016

Beck applied the concept of cognitive schemata to explain thinking style in depression over 40 years ago. Since, there has been increasing interest in the role of schemata and psychopathology and strategies have been evolved to target schema change - but the construct, the understanding, of a schema remains complex and controversial and the approaches to schema change are very varied.

This has left some of us asking the questions:

- What is a schema?
- How does it work?
- Can it be changed?
- Should it be changed?
- How do we know what intervention to use?
- When should we avoid schema-focused work?

This workshop aims to answer just those questions. Drawing on neurological and psychological literature Helen will describe schemata, schema maintenance processes and will also give a very brief overview - a taster really - of strategies for effecting schema change. The workshop takes a broad view of schemata in CBT, offering opportunities to reflect on the schema-focussed perspectives and approaches taken by Beck, Padesky, Layden and Young.

The workshop is the ideal preparation for attending other OCTC *Schema-workshops* as it lays down the theoretical foundations that will help you select the most appropriate schema-focused interventions.

The workshop format will combine theoretical presentation with practical application using didactic and case presentations. Clinical material will be used throughout to illustrate teaching points. There will also 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

SCHEMATA: MANAGEMENT BASICS

WHAT'S BEST FOR WHOM?

Helen Kennerley

10th November 2016

In the past 30 years, schema –focused interventions have been developed with the aim of better helping those with complex problems and/or personality disorders that interfere with therapy progress. Many different strategies and approaches have been devised by different practitioners such as Beck, Layden, Padesky and Young. This has given rise to some confusions and many questions – this workshop will address some of the common questions, namely:

- Just what interventions are available to the CBT practitioner?
- What is the best choice of intervention – for whom and when?
- Are schema-focussed strategies only useful with patients with “complex” and “chronic” difficulties?
- How do we combine ‘classic’ CBT with schema-focused work?
- Should we combine ‘classic’ CBT with schema-focused work?
- What are the similarities and differences between Beck’s SFCT and Young’s Schema Therapy?

A good understanding of schema theory is assumed, therefore this workshop complements *Schemata: A Users Guide* (preceding page).

A range of commonly used schema-focused strategies will be critically reviewed, using clinical material to illustrate procedures. The presented interventions will range from “intellectual” tasks such as keeping positive data logs and historical review through to more experiential approaches such as image restructuring. Throughout, we will keep in mind the theme of “**what’s best for whom?**” and sometimes this might mean not using schema-focused interventions at all!

We will also consider how one creates a “safe enough” environment to support schema work.

By the end of the day, attendees should feel more confident about selecting the “right” interventions for the “right patient” and creating the optimum therapeutic milieu for the work.

Suggested reading:

Cognitive Schemas and Core Beliefs in Psychological Problems (2007) Riso et al (APA)

Cognitive Therapy of Personality Disorders (2004) Beck et al (Guilford)

Level: Intermediate - Advanced

Cost: £130

Venue: McInnes Room, Warneford Hospital

WORKING WITH RESILIENCE IN CBT

Joy McGuire

17th November 2016

When people feel defeated by depression, anxiety or life events they often lose sight of the strengths and resilience they have. Whether an individual has a healthy place to return to or a life time of suffering, we therapists can ask ourselves:

How is it that in the face of adversity this person has developed the skills to survive?

How is it that despite everything, they have managed to live their lives and even get to therapy?

This workshop is based on Padesky & Mooney's (2012) Four Step Model of Strengths-based CBT.

This workshop will give you an understanding of the model and how it can be utilised to build and strengthen personal resilience with your clients in therapy. You will also learn how to work creatively to formulate resilience and adapt this to enhance your therapy. The workshop will be experiential in nature. With opportunities to observe and to practise, participants will have the opportunity to add strengths based CBT to their repertoire of therapy 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

WORKING WITH PSYCHOSIS: AN INTRODUCTION TO CBT FOR DELUSIONS

Louise Isbam

23rd November 2016

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 practise 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:** There is a pair of workshops (23 & 24 Nov) 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

24th November 2016

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 practise 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:** There is a pair of workshops (23 & 24 Nov) 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.*

THE SUPERVISORY RELATIONSHIP

Sue Clobessy

28th November 2016

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 presenter is the lead for supervision training on the Oxford Doctoral course in Clinical Psychology. She has a wealth of experience in researching and developing the supervisory relationship and has been involved in a number of studies on supervision in clinical psychology carried out in Oxford.

Level: Intermediate - Advanced

Cost: £130

Venue: Ewert House, Summertown, Oxford

MAKING SENSE OF TRAUMA: THE CORE TASKS OF WORKING WITH TRAUMA MEMORIES FOLLOWING ADULT TRAUMA

Martina Mueller

28th – 29th November 2016

In a clinical world where many patients we see present with more than one traumatic experience, struggle with pre-existing vulnerability and may live in adversity it is easy to get lost in complexity, which may reduce the effectiveness of trauma focused CBT and add to therapist burden. This two day interactive workshop will provide participants with a solid grounding in trauma focused CBT for Post-traumatic Stress Disorder and associated disorders following adult trauma. Participants will have opportunity to learn when and how to use reliving safely and sensitively to help process trauma memories and update unhelpful meanings with a wide range of trauma presentations and learn strategies for identifying and working with negative appraisals common following trauma.

Workshop participants will learn from a combination of presentations, exercises, discussion and demonstrations to build a sound knowledge base as well as practical skills.

Key objectives:

- To develop a clear understanding of the nature of traumatic presentations.
- To develop confidence in assessing and formulating PTSD and associated co-morbidity in more complex presentations.
- Optimally utilize enhanced reliving
- Work with a wide range of unhelpful appraisals
- Optimize the use of experiential learning

Suggested reading:

Arntz, A. (2012). Imagery Rescripting as a Therapeutic Technique: Review of Clinical Trials, Basic Studies, and Research Agenda. *Journal of Experimental Psychopathology*, 3(2), 189–208.

Ehlers, A. & Clark, D. M. (2000). A Cognitive Model of PTSD. *Behaviour Research and Therapy* 1-27.

Holmes, E.; Grey, N.; Young, Kerry, A. (2005) Intrusive images and “hotspots” of trauma memories in Posttraumatic Stress Disorder: an explanatory investigation of emotions and cognitive themes *Journal of Behaviour Therapy and Experimental Psychiatry* 36, (1) pp 3-17

Level: Intermediate

Cost: £260 for 2 days

Venue: McInnes Room, Warneford Hospital

ANGER MANAGEMENT – A CBT APPROACH

Joy McGuire

5th December 2016

In clinical practice anger related difficulties are common, either as the primary problem that brings people into therapy or, very often, as a therapy interfering behaviour that exists alongside other clinical problems. Sometimes therapist anger can underlie the therapy rupture in a session.

This workshop will initially consider the relationship between anger and mental health problems. Drawing primarily on the work of Professor Ray Novaco the workshop will explore assessment, formulation and clinical interventions for dysfunctional anger.

Workshop objectives are to:

- Define functional and dysfunctional anger
- Become familiar with key assessment issues
- Learn how to conceptualise problem anger and its unhelpful role in relationships
- Become familiar with Novaco's Stress Inoculation CBT model
- Learn how to encourage truly assertive behaviour

The workshop will be highly experiential with opportunity for those attending to draw on their own clinical experiences when considering the application of the model. There will be opportunities for role play and discussion.

Key reading:

Novaco, RW (2011) Anger Dysregulation: Driver of violent offending. *Journal of Forensic Psychiatry & Psychopathology*, 22, 650-668

Novaco, RW & Renwick SJ (2005) Anger Treatment. In M Hersen, J Rosquist (eds) *Encyclopaedia of Behaviour Modification & CBT* (pp 6-11) Thousand Oaks CA:Sage

Robins, S & Navaco, RW (1999) Systems Conceptualisation and Treatment of Anger. *Journal of Clinical Psychology/In Session*, 55, 325-337

Davies, W (2000) *Overcoming Anger and Irritability: A self help guide using CBT*. Robinson. London

Level: All levels (basic – advanced)

Cost: £130

Venue: McInnes Room, Warneford Hospital

EARLY 2017 PROGRAMME

Dates	Topic	Presenter	Details
4 – 5 Jan 23 – 24 Jan 14 – 15 Feb 1 – 2 Mar	Introduction to CBT Course (Series 1) Parts 1-4	OCTC staff	See website
18 Jan	Understanding Clients with Complex Problems: An Introduction	Helen Kennerley	Page 53
1 Feb	An Introduction to Developmental Trauma: The Neuro-Psycho-Social Impact of Childhood Abuse & Neglect	Helen Kennerley	Page 54
6 Feb	SoS: Supervision of Supervision	Helen Kennerley	Page 55
7 – 8 Feb	The Newcastle Model of Supervision	Stephen Barton	Page 56
9 Feb	Assessment for Learning: How to Use the Assessment of Core CBT Skills (ACCS) as a Tool for Feedback and Self-Reflection	Kate Muse	Page 57
23 Feb	Multiple Trauma: How and When to Work with Trauma Memories	Alison Croft Martina Mueller	Page 58
27 Feb	Advancing Your Schema Work: Modes and More	Sarah Rakovshik	Page 59
28 Feb	Bouncing Forward: A Transdiagnostic CBT Approach to Overcoming Adversity	Sarah Rakovshik	Page 60
9 Mar	Where Do I Start? Formulating and Working with Problems of Co-Morbidity	Joy McGuire	Page 61
14 Mar	Treating Traumatic Grief	Louise Isham Martina Mueller	Page 62
28 Mar	New Modalities of Working with Depression: Mindfulness-Based Cognitive Therapy: A New Approach to Recurrent Depression	Melanie Fennell	Page 63
29 Mar	New Modalities of Working with Depression: Imagery Rescripting in the Treatment of Major Depression	Jon Wheatley	Page 64
17 – 18 May	Anxiety: Clinical Update & Masterclass	Nick Grey	Page 65

UNDERSTANDING CLIENTS WITH COMPLEX PROBLEMS: AN INTRODUCTION

Helen Kennerley

18th January 2017

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 difficulties and will emphasise that problems are easier to resolve when therapists make use of collaborative formulations, 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 worked in the NHS for over 25 years and in that time gained much experience working with clients with complex problems, particularly those with developmental trauma and relapsing difficulties. She 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

AN INTRODUCTION TO DEVELOPMENTAL TRAUMA: THE NEURO-PSYCHO-SOCIAL IMPACT OF CHILDHOOD ABUSE & NEGLECT

Helen Kennerley

1st February 2017

An increasing body of research shows that developmental trauma can take a neuropsychological toll on children. This in turn colours their sense of self and their relationships with others. Sadly, for some this means an adulthood of enduring problems of self-esteem, mood management and difficulties in maintaining functional relationships.

Cognitive therapists can best help survivors of childhood trauma and neglect if they can fully formulate their difficulties, and an understanding of the neuro-psycho-social impact of developmental trauma will inform this process.

Therefore, this workshop will give an overview of the relevant long-term consequences of experiencing an abusive childhood and describe how this can translate into enduring difficulties for abused individuals and those close to them.

Rather than proposing a specific model for working with survivors of childhood abuse, this trans-diagnostic workshop will consider how cognitive therapists can best use their existing knowledge and skills in CBT, but it will also highlight in what ways basic CBT might need to be augmented.

By the end of this workshop, you will be able to:

- Conceptualize the psychological problems of childhood trauma in a meaningful which gives a coherent rationale for therapy
- Identify appropriate cognitive and behavioural interventions
- Appreciate a range of key issues when working with survivors of childhood trauma, namely: Memory problems/ Extreme beliefs and behaviours/ Inter-personal and systemic difficulties/ Motivational problems

This workshop combines 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: McInnes Room, Warneford Hospital

SoS: SUPERVISION OF SUPERVISION

Helen Kennerley

6th February 2017

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 relatively little to guide us on the supervision of supervisors. Over the past 10 years, OCTC has developed an approach and an evaluation tool for supervisors of CBT supervision.

This workshop offers an opportunity to explore the implications of Supervision of Supervision (SoS) and to become familiar with OCTC's Supervisor Competency Scale (SCS).

Participants will be able to review:

- 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
- The SCS in action

There will be opportunities to practice supervision of supervision within the workshop, both by critically viewing a supervision recording using the SCS and by being engaged in live exercises.

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

THE NEWCASTLE MODEL OF SUPERVISION

Stephen Barton

7th – 8th February 2017

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. Tarrier (ed), *Case Formulation in Cognitive Behaviour Therapy*. Routledge

Level: Intermediate – Advanced

Cost: £260, for 2 days

Venue: Ewert House, Summertown, Oxford

ASSESSMENT FOR LEARNING: HOW TO USE THE ASSESSMENT OF CORE CBT SKILLS (ACCS) AS A TOOL FOR FEEDBACK AND SELF-REFLECTION

Kate Muse

9th February 2017

What is the ACCS scale?

Many of us have struggled with the available tools for evaluating CBT competency. The Assessment of Core CBT Skills (ACCS) is an observation-based scale that builds upon currently available measures in order to provide a tool with improved validity, reliability and usability. The primary intention of the ACCS is to provide a framework which assessors can use to deliver formative and summative feedback about a therapist's performance within an observed treatment session and which therapists can use as a tool for self-reflection. The scale assesses core general therapeutic and CBT-specific skills required to appropriately deliver individual CBT to adults experiencing mental health problems.

What is the aim of the ACCS workshop?

The workshop will address the why, what and how of assessing CBT competence. First, in relation to the assessment of CBT competence in general: Why do we assess CBT competence? What aspects of CBT competence should we assess? How should we assess CBT competence? Second, in relation to the ACCS scale: Why was the ACCS developed? What skills does the ACCS assess? How can I use the ACCS as a tool to foster skill-development?

By the end of the workshop attendees should be familiar with and confident in using the ACCS scale and have an understanding of how the scale fits within best-practice guidelines for assessing competence in CBT.

What is the format of the workshop?

The day will involve a mixture of presentations and active participation in discussions as well as the opportunity to practise using the ACCS scale.

A copy of the ACCS manual, feedback form, and submission cover sheet will be provided on the day. However, it would be useful to look over these documents prior to attending the workshop (available at: www.accs-scale.co.uk).

Who is the workshop for?

This workshop is aimed at (1) supervisors and training providers who want to use the ACCS as a method of assessing competence and providing therapists with formative feedback and (2) CBT therapists who want to use the ACCS as a tool to evaluate and self-reflect on their CBT skills.

Level: All levels (basic – advanced)

Cost: £130

Venue: McInnes Room, Warneford Hospital

MULTIPLE TRAUMA: HOW AND WHEN TO WORK WITH TRAUMA MEMORIES

Alison Croft & Martina Mueller

23rd February 2017

It is probably the exception rather than the rule that traumatised clients present with a single experience of trauma. Often therapists are faced with dilemmas about how to work with people who have been exposed to multiple traumas, some in adulthood, others in childhood and many in both. These would include those traumatised by experiences such as repeated childhood sexual abuse, domestic violence and occupational trauma.

Clients may present with memories that are not distinct from each other, that are related in terms of meaning, that are impressionistic, rather than clear, or with so many memories that it would be impossible to apply standard PTSD protocols to them all. There is little by way of evidence-based guidance as to how to overcome the challenges of this work, so how are therapists to make these difficult decisions?

This workshop will use a combination of teaching and interactive exercises to enable the therapist to begin to address these difficulties. It will consider:

- the status of the evidence base
- how best to apply sound principles of assessment and formulation to enable realistic treatment planning
- preparation for working with memories
- how to make decisions about whether, when and how to use reliving and other trauma memory interventions in order to work safely
- how to prioritise between different aspects of treatment.

Level: Intermediate - Advanced

Cost: £130

Venue: McInnes Room, Warneford Hospital

ADVANCING YOUR SCHEMA WORK: MODES AND MORE

Sarah Rakovshik

27th February 2017

You know what a schema is, you can conceptualise a schema-driven problem, you have a repertoire of basic schema-change strategies. What next?

This workshop will take you beyond the schema basics and help you develop more complex conceptualisations where multiple schemata interplay, and have more experiential schema-change techniques to help overcome the head/heart gap so common with deeply-held beliefs. This is so relevant when working with patients with personality disorders and/or dissociative presentations where clusters of problem schemata seem to work in tandem giving rise to particularly powerful, inflexible beliefs and extreme behaviours. Sometimes conflicting clusters are activated - such as we see in the dichotomous thinking and contradictory behaviours of the patient with BPD.

Sarah will explore how to formulate these puzzling presentations and help you learn how to share your conceptualisations with your patients in ways that are engaging rather than alarming or alienating. Indeed a thread of the whole workshop is maintaining engagement and motivation in patients with complex schema-driven presentations (and in therapists who are challenged by their patients!)

The workshop will draw on schema work developments of Beck, Padesky, Young and Arntz. You will learn how Young conceptualises “schema domains” and “schema modes” (collections of synchronised schemata) and how this differs from Beck’s schema model of “modes”, and you will learn how these understandings can be complementary in helping patients with complex presentations.

The teaching will also highlight more experiential schema-change techniques, as well as how to use these powerful interventions in a safe and clinically-sensitive manner. Sarah will present a review of the current literature on effective schema change with clinical materials to illustrate potential perks and pitfalls of using these techniques.

Attending this workshop will help you:

- Understand the similarities and differences in the schema based approaches of Beck and Young
- Conceptualize multiple schema-driven problems
- Recognise inflexible beliefs and extreme behaviours
- Understand the co-existence of contradictory beliefs and behaviours
- Decide where to start and how to get the most out of your CBT skills
- Develop and maintain an effective working alliance with patients with complex, schema-driven problems
- Expand your repertoire of schema-change techniques
- Use current evidence and idiosyncratic conceptualisation to implement these interventions safely and effectively

Level: Intermediate - Advanced

Cost: £130

Venue: McInnes Room, Warneford Hospital

BOUNCING FORWARD: A TRANSDIAGNOSTIC CBT APPROACH TO OVERCOMING ADVERSITY

Sarah Rakovshik

28th February 2017

You can help your patient grow from adversity. Encounter with hardship is a universal human experience—often one that engulfs us suddenly. As therapists, we work with patients confronting adversity from many different spheres: psychological, emotional, interpersonal, financial, professional, societal, and others. Sometimes, the hardships and stresses encountered seem as immutable and present as the distress that accompanies it. The situation can seem dire – but you can teach patients how to turn challenges into learning experiences that make them stronger and more resilient. You can help them develop hopeful perspectives and problem solving approaches that will not just get them through, but will build their skills and confidence for life.

This workshop uses empirically-based theories of learning and adaptation in a transdiagnostic approach that identifies the 'sticking points' and the way forward for those who encounter life difficulties. The workshop will focus on conceptualising adversity within the broader CBT formulation, and will use both classic and meta-cognitive CBT interventions.

Dr. Rakovshik has spent more than a decade working with patients facing pronounced adversity, including parents of autistic children, socially disadvantaged or culturally isolated individuals, and patients with chronic emotional and physical challenges.

Level: All levels (basic – advanced)

Cost: £130

Venue: McInnes Room, Warneford Hospital

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

Joy McGuire

9th March 2017

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 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: £140, incl. lunch

Venue: Anderson Room, Unipart Conference Centre, Oxford

TREATING TRAUMATIC GRIEF

Louise Isham & Martina Mueller

14th March 2017

Traumatic grief following violent or traumatic death has its own set of difficulties and symptoms, which are distinguishable from PTSD and pose unique challenges to clinicians in offering effective interventions. This workshop will focus on the unique aspects of traumatic loss and the implications for aiding recovery.

Workshop topics include:

- The impact of traumatic loss
- The nature of intrusions from elaborations, to comforting images
- Understanding separation distress
- Treatment models and their evidence base
- What treatment strategies may be helpful when; including use of imagery rescripting and working with affective avoidance

The interactive workshop will use a variety of teaching methods, including didactic presentation, small and large group discussion, video, and participant role-plays to practise clinical skills.

Suggested reading:

Boelen, P. A., van den Hout, M. A., & van den Bout, J. (2006). A cognitive-behavioral conceptualization of complicated grief. *Clinical Psychology: Science and Practice*.

Ehlers, A. (2006). Understanding and Treating Complicated Grief: What Can We Learn from Posttraumatic Stress Disorder? *Psychol Sci Prac*, 13, 135–140.

Shear, M K, Frank, E, Houck, P, Charles, R. (2005). Treatment of complicated grief. *Original Contribution*, 293(21), 2601–2608.

Level: Intermediate - Advanced

Cost: £130

Venue: McInnes Room, Warneford Hospital

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

Melanie Fennell

28th March 2017

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

29th March 2017

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

ANXIETY: CLINICAL UPDATE & MASTERCLASS

Nick Grey

17th -18th May 2017

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 practise the approaches discussed.

References:

Butler, G., Fennell, M. & Hackmann, A. (2008). *Cognitive Behavioral Therapy for Anxiety Disorders: Mastering clinical challenges*. Guilford Press.

Grey, N. (ed.) (2009). *A Casebook of Cognitive Therapy for Traumatic Stress Reactions*. Routledge.

Whittington, A. & Grey, N. (eds.) (2014). *How to become a more effective CBT therapist: mastering metacompetence in clinical practice*. Wiley.

Level: Intermediate - Advanced

Cost: £260, for 2 days

Venue: Ewert House, Summertown, Oxford

BIOGRAPHIES OF WORKSHOP PRESENTERS

Stephen Barton

Stephen Barton is an experienced CBT therapist, supervisor, trainer and researcher with interests in mood disorders, supervision and personal development. He has led the Newcastle CBT Diploma since 2012 and is currently developing models of supervisory supervision and complex depression.

Trudie Chalder

Trudie Chalder is Professor of Cognitive Behavioural Psychotherapy at King's College London. She has worked as a clinician and a researcher in the area of medically unexplained symptoms and long term conditions such as chronic fatigue syndrome and irritable bowel syndrome for about 25 years. She develops models for understanding and treating these conditions and evaluates the approaches within the context of randomised controlled trials in primary, secondary and tertiary care. She has recently started a large programme of work evaluating a transdiagnostic approach to persistent physical symptoms.

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.

Sarah Corrie

Professor Sarah Corrie is a Consultant Clinical Psychologist and BABCP accredited practitioner, supervisor and trainer. She is currently Programme Director of the Post Graduate Diploma & MSc delivered by The Central London CBT Training Centre, at Central and North West London Foundation Trust and Royal Holloway University of London. The Training Centre delivers a range of programmes in CBT, and Sarah is also a member of CNWL's Leadership Team involved with the expansion of CBT for couples training in the UK. This forms part of the National IAPT programme. Sarah is a Visiting Professor at Middlesex University, attached to the Institute for Work-Based Learning. The focus of much of her teaching and writing has been concerned with professional development in an increasingly complex professional world. She has worked as a psychologist since 1997 and has written and lectured widely on CBT. Her latest book, entitled *CBT Supervision* and co-authored with David Lane, is available from Sage. Her website is www.sarahcorrie.com.

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. Alison has specialist interests in working with anxiety disorders and survivors of childhood trauma, as well as developing CBT service innovations and delivering training to non-therapists in the use of CBT skills. She currently works clinically as a Consultant Clinical Psychologist within a specialist psychological therapies service, as well as a brief therapy service for medical trainees. Alison is a BABCP accredited CBT practitioner, trainer and consultation to a wide range of health clinicians, from beginner to expert level, both in the UK and overseas and has been a tutor for the PG Cert in CBT for Psychological Trauma since its inception. She has published several book chapters and academic papers related to CBT practice and service innovations.

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.. 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.

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.

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.

Dougal Hare

Originally from Cumbria, Dougal attended Keswick School before going to Durham University to read psychology. Following postgraduate studies in social psychology at the LSE, he moved into clinical psychology and undertook clinical training and further research studies at the University of Leeds. He has worked around the UK as a consultant clinical psychologist for the NHS and in the charitable and

private sectors, specialising in working with people with intellectual and developmental disabilities with specific interests in behavioural phenotyping, metabolic disorders, autism and Asperger's syndrome, catatonia and sleep. In addition, he is also interested in Kelly's personal construct psychology and Stevenson's Q methodology. He is currently Reader in Clinical Psychology at Cardiff University where he is Research Director for the South Wales clinical psychology training programme. He has written over 80 scientific and clinical papers and presented at workshops and conferences in the UK, Europe and the USA.

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 as a Research Clinical Psychologist on several projects looking at CBT interventions for psychosis.

Louise Johns

Dr Louise Johns is a consultant academic clinical psychologist within the Early Intervention in Psychosis Service, Oxford Health NHS Foundation Trust, and Department of Psychiatry, University of Oxford. She is also an honorary senior lecturer at the Institute of Psychiatry, Psychology & Neuroscience, King's College London. Louise's previous role was coordinator of the Psychological Interventions Clinic for Outpatients in Psychosis (PICuP), and she was project lead for the Improving Access to Psychological Therapies for people with Severe Mental Illness (IAPT-SMI) Psychosis Demonstration Site at South London and Maudsley (SLaM) NHS Foundation Trust. Louise is a chartered psychologist and an accredited cognitive behavioural therapist with the British Association of Behavioural and Cognitive Psychotherapies (BABCP). Since qualifying as a clinical psychologist, she has worked continuously in a clinical and research capacity in the field of psychosis. She has published over 50 articles on psychosis, including papers and chapters on cognitive behavioural treatments, and was principal investigator on the first UK funded studies to evaluate group ACT for clients with psychosis.

Fiona Kennedy

Dr Fiona Kennedy, Consultant Clinical Psychologist, has practised DBT since 2000, developing and researching DBT services and training others since 2004. She has received a BUPA award for clinical excellence in DBT and a DBT service developed and lead by her has been recommended as an example of good practice by the National Audit Office ('Safer Patient Services' 2005). A BABCP Fellow she is an Accredited Trainer, Supervisor and Therapist as well as on the BPS Register of Applied Psychology Practice Supervisors (RAPPS). For the last nine years, she has taken DBT to India to train mentors working with Indian 'street' children.

Helen Kennerley

Helen Kennerley is a Consultant Clinical Psychologist and a founder member of the Oxford Cognitive Therapy Centre, where she was the director of the postgraduate short-courses in Advanced Cognitive Therapy Studies and MSc for many years. She is an experienced clinician specialising in childhood trauma, dissociative disorders, and self-injurious behaviours. She has also taken a lead role within OCTC for developing Supervision training. 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*, co-author of *An Introduction to Cognitive Behaviour Therapy* and co-editor of *Cognitive Behavioural Approaches to Dissociation*. Her self-help book, *Overcoming Anxiety* has been highly

commenced by the British Medical Association. In 2002, Helen was also voted one of the most influential female cognitive therapists in Britain by BABCP members.

Joy McGuire

Joy McGuire is a Psychiatric Nurse by profession with over 30 years working within the NHS in a variety of mental health clinical settings. For the last 20 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.

Kate Muse

Dr Kate Muse is a Lecturer in Clinical Psychology at the University of Worcester. She teaches on a range of Undergraduate and Post-graduate modules in clinical psychology, counselling psychology, and research methods and is the Learning and Teaching lead for the Psychology Department. Kate is also an active researcher with a particular interest in the training and dissemination of CBT, identifying barriers to evidence-based practice in CBT, and developing methods of assessing the competence with which CBT is delivered. Before her appointment at Worcester Kate spent several years within the Oxford Mindfulness Centre and the Department of Psychiatry at the University of Oxford where she completed a DPhil and worked as a Research Psychologist. During this time she conducted research investigating factors that maintain health anxiety, evaluating the efficacy of mindfulness-based cognitive therapy interventions for anxiety and depression, and exploring the role of intrusive imagery in anxiety disorders.

Tara O'Donoghue

Tara is a senior CBT and CFT psychotherapist specialising in assessment and treatment of Anxiety Disorders at the national Specialist Anxiety Disorders unit, The Royal Bethlem, South London and Maudsley. She has published an article with Dr David Veale focussing on behavioural change (featured in BABCP journal) and has offered teaching in relation to Anxiety Disorders alongside CBT and CFT at previous workshops. She has completed the PG dip training under Paul Gilbert and facilitates the weekly residential 'building courage and compassion group alongside Dr Veale. She has assisted in creating a compassion focussed therapeutic environment at her present unit.

Joe Oliver

Joe is a clinical psychologist and Director for Contextual Consulting, a London-based consultancy offering ACT focused training, supervision and psychological therapy. He has also worked within the UK National Health Service for over 10 years and holds a position within a North London NHS Trust. He has been developing and researching ACT/ mindfulness individual and group interventions at the

Institute of Psychiatry, King's College London. Joe is the previous chair of the British Association of Behavioural and Cognitive Psychotherapies (BABCP) ACT Special Interest Group, which promotes and develops ACT within the UK, by offering professional development opportunities, grants and training. He regularly delivers ACT teaching and training, in the UK and internationally. He is co-editor of the book, "Acceptance and Commitment Therapy and Mindfulness for Psychosis" with Wiley-Blackwell, and co-author of the self help book, "ACTivate Your Life" with Constable Robinson. He is also co-author of the forthcoming ACT psychosis group intervention manual "Acceptance and Commitment Therapy for Recovery from Psychosis", with New Harbinger Publications.

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.

Sarah Rakovshik

Dr Sarah Rakovshik is the Director of the University of Oxford/ OCTC MSc and 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 comorbidity and complex presentations, as well as in the potentially positive effects of adverse life events. She has taken a lead in developing research at OCTC, particularly in the area of evaluation of supervision and training.

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.

Craig Steel

Craig Steel is a Senior Lecturer in Clinical Psychology and 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, specialising in CBT for psychosis. He has been involved in a number of clinical trials in the area, and is widely published. He is the 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.

David Veale

David Veale is a Consultant Psychiatrist and leads a national outpatient and residential unit service for people with severe treatment refractory Obsessive Compulsive Disorder (OCD) and Body Dysmorphic Disorder (BDD) at the South London and Maudsley Trust. He is a Visiting Reader in Cognitive Behaviour Therapies at the Institute of Psychiatry, Psychology and Neuroscience, King's College London. He is a member of the group revising the diagnostic guidelines for ICD11 for Obsessive Compulsive and Related Disorders for the World Health Organization. He was a member of the group that wrote the NICE guidelines on OCD and BDD in 2006 and chaired the NICE Evidence Update on OCD and BDD in 2013. He is a Past President of the British Association of Behavioural and Cognitive Psychotherapies. He is a current Trustee of the charities OCD Action and the BDD Foundation. His website is www.veale.co.uk

Polly Waite

Dr Polly Waite is a Clinical Lecturer, based in the Anxiety and Depression in Young People Research Unit (AnDY) at the University of Reading. She works as an Honorary Clinical Psychologist at the Child & Adolescent Mental Health Service (CAMHS) Anxiety and Depression Pathway for Berkshire Healthcare NHS Foundation Trust, where she has recently been running a treatment trial of therapist-supported online CBT for adolescents with anxiety disorders. She is also a BABCP-accredited therapist. Her primary clinical and research interests are anxiety disorders in adolescents, developing treatments for anxiety in young people and the role of family factors in the development and maintenance of anxiety disorders. As well as publications for an academic audience, she has co-written a book for children, friends, family and professionals, 'Can I tell you about anxiety?'

Jon Wheatley

Dr Wheatley is a Consultant Clinical Psychologist in the City and Hackney IAPT service. He has worked as a Clinical Psychologist since 2000 and specialises in cognitive-behavioural therapy for mood disorders. He has been actively involved in research on Imagery & Depression and was the lead therapist on a Medical Research Council study using Imagery Rescripting as a sole treatment for Major Depressive Disorder. He is on the scientific committee of the BABCP.

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 document). 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 or changed/transferred.

If you wish to change/transfer 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/transfer.

Refreshments

The cost of the workshops includes hot drinks on arrival, mid-morning and mid-afternoon, but not usually lunch unless stated. However, for workshops that do include lunch, if you have any special dietary requirements please let us know at the time of application.

Special needs

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

2016-17 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 or Ewert House.

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: _____

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Tel no.: _____ Fax no.: _____

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

Tel 01865 902801; fax 01865 337416; e-mail octc@oxfordhealth.nhs.uk

'INTRODUCTION TO CBT' COURSES 2016-17 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 2016	SERIES 2 Sep-Nov 2016		SERIES 1 Jan-Mar 2017
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: _____

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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 902801; fax 01865 337416; e-mail octc@oxfordhealth.nhs.uk

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 & OXFORD UNIVERSITY COURSES

OCTC

*Inspiring excellence in CBT
training, therapy & research*

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