

CHESTER, WIRRAL AND NORTH EAST WALES BRANCH
Imagery and Imagery Re-scripting and Branch AGM
Presented by Tobyn Bell
Wednesday 5th June 2019

Times: 9.30am to 4.30pm (Registration from 9.00am)

Venue: Chester Rugby Club, Hare Lane, Chester, CH3 7DB

About the workshop

This workshop is suitable for therapists wanting to develop their confidence and skills in working with mental imagery in CBT. The workshop is experiential in nature and will give participants the opportunity to practice and experience evidence-based imagery interventions for a variety of clinical presentations. The aim of the workshop is to give participants the ability to integrate imagery work into their current practice as well as broaden their repertoire of imagery-based interventions

The workshop will cover the following areas:

- Conceptualizations of mental imagery and the 'special relationship' imagery has with emotion and memory
- Assessment of mental imagery
- Formulation of problematic imagery
- The practice of imagery interventions including memory re-scripting, imagery transformation and manipulation
- Developing 'positive' imagery

The branch annual general meeting will take places between 1.30 – 2.00pm and all members are welcome.

Registration and General Information

BABCP Member fee: £75

Non-Member fee: £95

Lunch and refreshments will be provided. A CPD certificate for 7 hours will be issued.

Closing date for registrations is Friday 24th May 2019

For booking queries please contact BABCP head office on 0330 320 0851 or email workshops@babcp.com

For venue enquiries please see website - <https://www.pitchero.com/clubs/chesterrufc/contact/>

Widely Recognised Accreditation | High Quality CPD | CBT Register UK

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