

EAST MIDLANDS BRANCH AND  
CHILDREN, ADOLESCENTS & FAMILIES SPECIAL INTEREST GROUP  
**Negotiating the challenges and opportunities in the  
delivery of child and adolescent CBT**  
Presented by Annie Cox and Scott Lunn  
Thursday 13<sup>th</sup> December 2018

**Times:** 10.15am to 4.30pm (Registration from 10.00am)

**Venue:** University of Derby, Kedleston Road Campus, DE22 1GB (Room / Building TBC)

**Context:** The context of this workshop is equivalent to working with children and young people who meet the criteria for tier 3 CAMHS.

Child and adolescent CBT has developed over recent years, with increasing demand on training, supervision and delivering quicker and more effective outcomes for children and young people. The Children and Young People's Improving Access for Psychological Therapies (CYP-IAPT) transformation and NICE guidance places CBT at the heart of the training curriculum and is a key therapy in delivering treatment for many childhood mental health disorders.

The media's spot light has recently been focussed on CAMHS and how they can deliver evidenced based treatment at the right time with a priority on early intervention. Some of the key themes of this workshop are to look at how we can maximise fidelity to the CBT model, whilst delivering CBT services within the context of the current local and national demands and complex and severe child and adolescent mental health disorders.

CBT with children and adolescents has many challenges. Negotiating the therapy can be an initial difficulty especially when family members or parents are involved. Some questions that arise from their involvement are *'how and when should therapy take place?' 'Who should be involved in the therapy?' 'Who should decide who is involved?' 'Should we involve family and parents as co-therapists?'* and *'what happens if the child or young person and parent disagree?'* These are familiar challenges therapists have to negotiate, that can prove difficult and can hinder the progression of therapy.

The importance of mastering assessment and formulation is fundamental in ensuring the right problem is being treated and is a key aspect of delivering effective CBT. Child and adolescent presentations differ from adults; with contextual factors of systemic complexity, the developmental stage of the child and social and emotional competence needing to be taken into consideration. These factors determine the use of specific interventions that a therapist can employ. The challenge is deciding which interventions to use, when the literature and training curriculums suggest differences in expectations.

By examining the organisational, systemic and practical aspects of delivering child and adolescent CB therapy, we will address some of the process difficulties within the current healthcare climate.

## **Workshop attendees will;**

- 1) Update their knowledge of child and adolescent CBT assessment and formulation
- 2) Consider some of the key factors present in negotiating therapy
- 3) Critically appraise some child and adolescent CBT Interventions and consider the challenges and opportunities
- 4) Discuss the balance of maintaining fidelity of the model against competing demands and increasing complexity within CAMHS tier 3 services.

## **Biographies**

**Annie Cox** is a registered mental health nurse, child and adolescent CB therapist, and is working as a CAMHS Nurse Consultant within the Midlands. Annie has significant experience in practicing and supervising CBT in CAMHS. She has developed and managed CAMHS CBT services and has a passion for working with younger children and the challenges in negotiating therapy. Annie has also been a core member of the CAFSIG committee for the past 5 years.

**Scott Lunn** is a registered social worker and child and adolescent CB Therapist. As the local children's and CAMHS clinical lead, Scott's strategic role incorporates the development of the CYP-IAPT agenda within Derbyshire. He has significant experience in practicing and supervising CBT in CAMHS and lectures in CBT at the local university. Scott has a key interest in identify formation in adolescence.

## **Registration Information**

BABCP Member: £40                  Non Member: £50                  Student: £40\*

*\*Evidence of student status to be provided on application*

All BABCP events are VAT free.

Refreshments at breaks will be provided. Lunch is not included but there are various eateries on site or delegates can bring their own lunch

A CPD certificate for 6 hours will be issued.

**Closing date for registrations is Friday 30<sup>th</sup> November 2018.**