

EAST MIDLANDS BRANCH AND DBT SIG JOINT EVENT
**Integrating CBT and Third Wave Therapies –
Two Day workshop**
Presented by Dr Fiona Kennedy

Date: Monday 18th & Tuesday 19th March 2019

Times: 9.30am to 4.30pm on day one. 9.30am to 4.00pm on day two

Venue: Conference Room, Research & Development Centre, Kingsway Hospital, Derby, DE22 3LZ

About the workshop

This workshop comes from a practical concern to deliver the best available practice to clients. Many of us receive training in different approaches but lack the time or space to reflect on how we incorporate this into our practice.

The self-help book “Get Your Life Back. The Most Effective Therapies for A Better You” takes clients (and therapists) through CBT+. This approach integrates cognitive behaviour therapy, dialectical behaviour therapy, acceptance and commitment therapy and compassion focused therapy. The workshop uses the acronym NAVIGATES as a memory aid to the steps taken as we progress through the therapy. The workshop also provides an opportunity for reflection on the core processes of change in therapy and how we all bring them into our work.

There will be lots of time for discussion and sharing of expertise from the audience as well as exercises, mindfulness practices, video material and downloadable handouts and worksheets for clients.

This course begins with a look at the four therapies being integrated, CBT, DBT, ACT and CFT, and the pros and cons of integration. It then focuses on the core processes of change which we need to facilitate for our clients. The remainder of the course concerns the course of integrated therapy using the acronym NAVIGATES to guide the therapist through the different techniques and strategies for problem identification, formulation, functional analysis and change.

What you will learn

- The core processes of therapeutic change
- How to identify your own expertise in using these processes in your practice
- How to use ‘NAVIGATES’ to guide your client through an integrated approach

You will also have time to reflect on the pros and cons of integrating therapies and how to apply your insights practically.

The Trainer

Dr Fiona Kennedy is a Consultant Clinical Psychologist with many years' experience of delivering and managing services in NHS and private settings. She is a fun trainer with a knack of presenting complex material in an accessible manner and involving the audience. She has won an award from BUPA for clinical excellence and been mentioned in a National Audit Office report on good practice in service development. She is a Fellow of the BABCP and Associate Fellow of the BPS. She is a BABCP Accredited Trainer, Supervisor and Practitioner. She has researched and published on obesity, dissociation, trauma, psychosis and childhood adversity. She has previously edited a book on CBT approaches to dissociation.

Fiona's book has recently been highly commended in the Popular Medicine section of the BMA 2018 Book of The Year Awards. She is currently writing a guide for therapists as part of the CBT Distinctive Features Series to be published in 2019.

She regularly volunteers in India providing training for Indian volunteers to work with children with disadvantaged backgrounds.

Reference

Kennedy, F. C. and Pearson, D. C. (2017). *Get Your Life Back. The Most Effective Therapies for A Better You.* London: Robinson.

Event Information

Registration Fees

BABCP Member: £150 Non-Member: £190

Closing date for registrations is midday Thursday 7th March 2019

Lunch and refreshments will be provided. A CPD certificate for 14 hours will be issued.

Please see the website for venue information - <http://www.derbyshirehealthcareft.nhs.uk/contact-us/site-locations/centre-for-research-development/>