

LIVERPOOL BRANCH

Annual General Meeting (AGM) and workshop – The WISER MIND Model of Cognitive Behavioural Resilience and Therapy: A method to build resilience and treat psychological disorder Presented by Rufus Harrington

Wednesday 22 May 2019

Times: Registration from 5.30pm, AGM 5.45pm – 6.00pm, workshop 6.00pm – 8.00pm

Venue: 54 St James Street, Liverpool, L1 0AB

The WISER MIND Model of Cognitive Behavioural Resilience and Therapy A method to build resilience and treat psychological disorder.

Rufus Harrington: University of Cumbria

Background: Resilience is a growing topic of research interest in fields as diverse as psychology, education, and business. The 2018 meta-analysis of CBT/mindfulness resilience studies suggests resilience training can, with some caveats, demonstrate a moderate effect size.

The WISER MIND resilience process is inspired by this previous research and is a development which can be used with individuals and groups. It can train resilience and treat psychological disorder. Using the process integrated with standard evidence-based CBT skills, has helped achieve an over 90% recovery rate with individuals referred to the Cumbria police occupational health unit. This usually achieved in 3 to 8 sessions. Typical presentations including PTSD, GAD, and Depression.

The process borrows from emotional processing theory, neurobiological ideas related to the integration of cortical and emotional centres of the brain, attentional training, mindfulness, compassionate mind, guided discovery and cognitive restructuring.

However, it does so in such a straight forward way that the process is very easy to use, very easy to teach, patients really like it and usually find it immediately effective. Patients like using it for homework. It works in the real world of routine clinical practice and can be easily integrated with other CBT skills.

This skills workshop will teach participants how to use the foundation skill of the WISER MIND model to support their own resilience and how to use this skill in clinical practice.

Skills Class Leader:

Rufus Harrington is IAPT Course Director at the University of Cumbria. He has contributed to and run 20 Postgraduate Diploma and Masters CBT training programmes, training over 250 CBT therapists. He is Consultant cognitive behavioural therapist to Cumbria Police where he is running an evaluation study of the WISER MIND Process for a PHD.

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Learning Objectives:

By the end of the class, participants will be able to:

1. Understand the theoretical underpinnings of the WISER MIND model
2. Have the opportunity to use the Model on themselves to enhance personal resilience.
3. Have the opportunity to use the Model with other workshop participants to learn how to use the model for clinical practice.

Background readings:

Holmes, E.A., Lang, T.J., & Shah, D.M. (2009). Developing interpretation bias modification as a 'cognitive vaccine' for depressed mood – Imagining positive events makes you feel better than thinking about them verbally. *Journal of Abnormal Psychology*, 118(1), 76–88.

Joyce S, Shand F, Tighe J, *et al.* Road to resilience: a systematic review and meta-analysis of resilience training programmes and interventions. *BMJ Open* 2018;8:e017858. doi:10.1136/bmjopen-2017-017858

Mooney, K.A., & Padesky, C.A. (2012). Strengths-based Cognitive-Behavioural Therapy: A Four-Step Model to Build Resilience. *Clinical Psychology and Psychotherapy* 19, 283–290.

Registration and General Information

Liverpool Branch Member fee: £0

BABCP Member (another branch) and Non-Members: £20

Refreshments will be provided. A CPD certificate for 2 hours will be issued.

Closing date for registrations is Wednesday 29th May 2019

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

For venue enquiries please see website - <http://www.thewomensorganisation.org.uk/54stjamesstreet>