

MANCHESTER BRANCH

Metacognitive Therapy for Rumination and Depression

Presented by Dr Costas Papageorgiou

Monday 16 September 2019

Times: 9.15am to 5.00pm (Registration from 8.45am)

Venue: The Mechanics Conference Centre, 103, Princess Street, Manchester M1 6DD

About the workshop:

Growing empirical evidence supports the implementation of metacognitive therapy (MCT) for rumination and depression in both individual (Wells et al., 2009, 2012) and group (Dammen, Papageorgiou & Wells, 2014; Papageorgiou & Wells, 2015) formats to maximise therapeutic effectiveness, prevent depressive relapse or recurrence, and address fundamental limitations of current treatments. MCT for depression aims to remove the metacognitive causes of rumination, which is a core process implicated in the maintenance and perpetuation of depression.

The overall objective of this skills-based clinical workshop is to outline the components of individual MCT for depression (Wells, 2009; Wells & Papageorgiou, 2004) and highlight effective practical adaptations for its delivery in group formats. The following areas will be covered: overview of depressive rumination; the clinical metacognitive model of rumination and depression; assessment/measurement of rumination and associated constructs; case conceptualisation and socialisation; facilitating abandonment of rumination; enhancing flexible control over cognition using attention training and detached mindfulness; modifying negative and positive metacognitive beliefs; decatastrophising emotion; developing new plans for thinking and relapse prevention.

A combination of lecture, discussion, experiential, role-plays, and case presentations will be used to facilitate this workshop.

Key learning objectives:

- (1) To gain up-to-date knowledge of the phenomenology of rumination and its relationship with depression
- (2) To understand the principal features of the metacognitive model and therapy of rumination and depression
- (3) To become familiar with the specific metacognitive treatment strategies and techniques for depression
- (4) To gain insight into effective adaptations of MCT for depression for its implementation in group formats

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About the presenter:

Dr Costas Papageorgiou began his clinical experience at the Oxford University Department of Psychiatry assisting in experimental and treatment studies that now form part of recommended (CBT) guidelines. From 1997 to 2002, he worked as Senior Clinical Psychologist at North Manchester General Hospital and Research Fellow at the University of Manchester. From 2002 to 2005, he was the Deputy Director of the Specialist Service for Affective Disorders in Manchester and Senior Lecturer at the University of Lancaster. Since 2005, he has been working as a Consultant Clinical Psychologist and Clinical Lead at the Priory Hospital Altrincham.

Dr Papageorgiou's expertise and research has focused on cognitive and metacognitive theories and therapies of emotional disorders, particularly depression and treatment-resistant depression. He has co-authored the first studies examining the link between rumination, depression, and metacognition, and co-edited the first volume documenting these links, entitled "Depressive rumination: Nature, theory and treatment", and co-authored the self-help book "Coping with depression: A guide to what works for patients, carers, and professionals".

Registration and General Information

BABCP Member fee: £65

Non-Member fee: £75

Lunch and refreshments will be provided. A CPD certificate for 6 hours will be issued.

Closing date for registrations is Friday 6th September 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 - <https://www.mechanicsinstitute.co.uk/>