

NORTH EAST AND CUMBRIA BRANCH

Trauma Focused Cognitive Therapy for PTSD

Presented by Dr Nick Grey

Wednesday 10th & Thursday 11th April 2019

Times: 9.30am to 5.00pm on both days (registration from 9.00am)

Venue: The Daffodil Hotel and Spa, By the Lake, Keswick Road, Grasmere, Cumbria LA22 9PR

<https://www.daffodilhotel.co.uk/>

About the Workshop

This workshop presents the Ehlers and Clark (2000) cognitive model for PTSD and the effective treatment that is derived from it. The treatment focuses in three key areas: addressing the nature of the trauma memory; tackling negative appraisals and meanings; and developing more helpful coping strategies, overcoming avoidance. The memory-focused techniques include reliving/exposure, written narratives, stimulus discrimination, and site visits. Overcoming the obstacles that both patients and therapists present to using these highly effective techniques will be addressed. The timing of such techniques within an overall treatment programme will be discussed. Some of the specific cognitive approaches to working with post-trauma emotional and cognitive themes are highlighted. These include overgeneralized threat, permanent change, and meanings associated with the emotions of shame, guilt and anger. The assessment and treatment of Complex PTSD will also be addressed in this context.

About the Trainer

Dr Nick Grey is a Consultant Clinical Psychologist and Clinical Research and Training Fellow at Sussex Partnership NHS Foundation Trust (SPFT) and University of Sussex. Prior to this he was Joint Clinical Director at the Centre for Anxiety Disorders and Trauma at South London and Maudsley NHS Foundation Trust. He has worked clinically across primary, secondary and tertiary care. He is a member of the *Wellcome Trust Anxiety Disorders Group* led by David Clark and Anke Ehlers. He is the editor of *A Casebook of Cognitive Therapy for Traumatic Stress Reactions* (2009, Routledge), co-editor of *How to be a More Effective CBT Therapist* (2014, Wiley), and co-author of *Manage Your Mind* (3rd ed.) (2018, OUP).

Dr Grey is a Fellow of the British Association of Behavioural and Cognitive Psychotherapies, and is an accredited CBT practitioner, supervisor and trainer.

Registration and general information

BABCP Member: £160 Non-Member: £200

Lunch and refreshments are included. A CPD certificate for 12 hours will be issued.

Closing date for registration is midday Thursday 21st March 2019