

SCOTLAND BRANCH

Cognitive Behavioural Analysis System of Psychotherapy (CBASP) – Innovative Treatment for Persistent Depression. A Primer.

Presented by Jonathan Linstead and Massimo Tarsia

Friday 14 June 2019

Times: 9.30am to 4.00pm (Registration from 9.00am)

Venue: The Studio, 67 Hope Street, Glasgow, G2 6AE

About CBASP:

Cognitive Behavioural Analysis System of Psychotherapy (CBASP) ((McCullough 2000, McCullough 2003, McCullough 2006)) is a psychological therapy specifically developed to meet the challenges presented to therapists when working with the persistently, or, chronically depressed patient (Keller 2000; Swan, MacVicar et al. 2014).

CBASP has been part of the MATRIX (Scottish Guide to delivering evidence-based Practice) since 2015 and has now been recognised as an evidence-based therapy for the treatment of chronic depression in the forthcoming NICE guidelines.

CBASP has been demonstrated in several studies to offer benefit to those depressed people most difficult to treat; people who have been depressed for 2 or more years with less than 8 weeks of feeling well in that period.

Workshop overview:

This workshop aims to introduce delegates to the CBASP model, its origins and practical application in clinical practice.

It will aim to provide insights into the main features of CBASP and show how these may be carried out when treating people presenting with persistent depression.

The workshop is suitable for practitioners who have found themselves challenged by and are looking for solutions to the conundrum of patients with persistent or chronic depression.

Widely Recognised Accreditation | High Quality CPD | CBT Register UK

The speakers:

Jonathan Linstead is an accredited cognitive behavioural psychotherapist. He is also accredited an CBASP practitioner, trainer and supervisor. Jonathan is the current chairperson for the BABCP CBASP special interest group. He has 8 years' experience delivering therapy within an IAPT service and in 2016 took a psychotherapy role within an early intervention in psychosis team.

Jonathan has a background in mental health nursing since 1999 and has a special interest in treating young adults with chronic depression and psychosis. He is an accredited EMDR practitioner.

Massimo Tarsia is a clinical psychologist in NHS Lothian. Since 2004 he has worked clinically in General Adult Mental Health Services delivering psychological therapies in secondary care. He is trained in CBT, IPT, BFT and EMDR. Having developed a special interest in the treatment of persistent depression, he trained in CBASP in 2009 and is an accredited trainer and supervisor. He has developed an adaptation of CBASP to a group modality.

Massimo is also an NRS Research Fellow, Department of Clinical Psychology, University of Edinburgh. He is a member of a clinical research group investigating developmental models of depression, the effectiveness and development of interpersonal psychotherapies in the treatment of persistent depressive disorder.

Registration and General Information

BABCP Member fee: £85

Non-Member fee: £100

Lunch and refreshments will be provided. A CPD certificate for 6.5 hours will be issued.

Closing date for registrations is Friday 7th June 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://studiovenues.co.uk/venues/glasgow/>