

SOUTH EAST BRANCH

CBT for PTSD - An Evening Workshop

Presented by Lisa Williams

Thursday 21st February 2019

Times: 6.30pm to 9.00pm (Registration from 6.00pm)

Venue: St Julians Club, Rumshott Estate Ltd., St Julians, Sevenoaks, Kent, TN15 0RX

About the workshop

The aim of this workshop is for clinicians to consolidate skills and increase their confidence in the treatment of PTSD. Lisa will use the Ehlers and Clark (2000) cognitive model for PTSD to guide this workshop; exploring the nature of trauma memory, understanding appraisals and their meanings and helping clients to develop more helpful coping strategies. In this workshop we will have the opportunity to consider memory-focused techniques including reliving/exposure, stimulus discrimination and site visits.

About the presenter

Lisa Williams is a Senior Psychological Therapist and Deputy Manager of the Anxiety Disorders Residential Unit (South London and Maudsley NHS Trust) a specialist service for treatment-refractory OCD, BDD, PTSD and other anxiety disorders. Lisa is an accredited Cognitive Behavioural Therapist and Compassion-Focused Therapist. She is an honorary lecturer at Canterbury Christchurch University (PG DIP CBT) and enjoys running workshops both in the UK and internationally

Event Information

Price includes tea, coffee, soft drinks and a cheese board with grapes, celery and biscuits.

A CPD certificate will be provided for 2 hours CPD.

Registration closes – Midday **Friday 15th February 2019**

Please see the website for venue information - <http://www.stjulians.co.uk/>

Fees

BABCP Member - £25

Non-Member - £30