

SOUTHERN BRANCH

Supercharging your CBT Practice - Integrating the best of DBT, ACT and CFT for maximum effect

Presented by Dr Fiona Kennedy

Wednesday 3rd and Thursday 4th April 2019

Times: 9.30am to 4.30pm (Registration from 9.00am)

Venue: Holiday Inn, Herbert Walker Avenue, Southampton, SO15 1HJ

About the workshop

Do you want to:

- Formulate your client's journey using the best of the best therapies
- Gain a better understanding of 3rd wave therapies and their practical application
- Take your CBT practice to the next level

Based on the exciting, newly published book 'Get Your Life Back – The Most Effective Therapies For A Better You', Dr Fiona Kennedy will guide you on how to use this easy-to-follow approach, bringing together CBT, ACT, DBT & CFT into a coherent client journey. The 2-day course will be interactive and invite participation from you, showing how to use the therapies for real-life issues.

You will learn:

- Ways to navigate and rapidly formulate using 3rd Wave therapies
- Methods to effectively blend CBT, DBT, ACT and CFT in your own practice
- A toolkit packed with the best tools from cutting edge third wave therapies
- Increased confidence in applying these skills into your own therapy context

About the presenter

Dr Fiona Kennedy is a Consultant Clinical Psychologist with many years' experience of delivering and managing services in NHS and private settings. She is a fun trainer with a knack of presenting complex material in an accessible manner that will make this a memorable workshop.

Fiona is co-author of several books one of which has recently been highly commended in the popular medicine section of the BMA 2018 Book of the Year Awards. She is currently writing a guide for therapists as part of the CBT Distinctive Features Series to be published in 2019.

Fiona is a Fellow of the BABCP and Associate Fellow of the BPS. She is a BABCP Accredited Trainer, Supervisor and Practitioner. Fiona regularly volunteers in India providing training for Indian volunteers to work with children with disadvantaged backgrounds.

Selected Publications –

- Kennedy, F. & Pearson, D. (2017) Get Your Life Back: The Most Effective Therapies for A Better You. Robinson: London.

The Southern Branch Annual General Meeting will take place during lunch on Thursday 4th April.

Registration and General Information

BABCP Member fee: £180

Non-Member fee: £210

Student fee: £170

Mid-morning, and afternoon refreshments as well as a buffet lunch will be provided in the price, (please let us know any dietary requirements when booking)

A CPD certificate for 12 hours will be issued.

Closing date for registrations is Friday 22nd March 2019

Venue Information

Please see website -

www.holidayinn.com/Holiday_Inn/Southampton

Free on-site parking is also available!