Howard Lomas received a spontaneous standing ovation from members at his last Annual General Meeting as an employee of BABCP. The meeting took place on 16 July, during the BABCP Annual Conference at the University of Exeter.

One of BABCP’s founder members, Howard has played a critical role in the development and the image of the organisation since 1972 when he went to “a meeting to discuss the setting up of a National Association for those interested in Behavioural... whatever”. Since then, under Howard’s direction, membership has increased to 7000-plus while BABCP has earned an international profile in the global Cognitive Behavioural Therapy community.

Howard was made an Honorary Fellow of BABCP in 1985 for his outstanding service. He retires from his formal duties as Finance Manager this year. However he will continue to work in a voluntary capacity in the years to come.

Howard’s contribution to the organisation was further celebrated at a Gala Dinner held in his honour on the following night at the University of Exeter’s Great Hall.

Also in this special issue of CBT Today is a ‘Letter from the Outer Hebrides’, in which Howard looks back on his association with BABCP (see pages 8-11).
Scientific programme - reflections

Overall view
Once again the BABCP annual conference was a success. Over 1100 people made the journey to the University of Exeter’s beautiful campus, braving the somewhat unexpected July rain! Despite the adverse weather conditions - and what was for some of us a bit of a daily workout walking between lecture theatres - everyone seemed to enjoy their conference experience. The comments and ratings from delegates on both the academic and social aspects of the conference who completed the online feedback forms were very encouraging, and will be extremely useful for planning our future conferences.

Comments
Comments about the conference were almost all positive: “the BABCP conference is one of the highlights of the year!” Conference attendees commended the excellent standard of the scientific programme, and the variety and diversity of the presentations, reporting that there was a really relevant range of things on offer. In particular, delegates were pleased with the “good, wide ranging choice of workshops”, and the high standard of the keynote addresses, given by “charismatic and expert speakers with international reputations”. Delegates felt that many of the key figures in CBT were present, and also appreciated the high quality local input.

Highlights
Highlights of the scientific programme included keynote addresses given by Paul Gilbert, Susan Nolen Hoeksema and Lord Richard Layard, which received a lot of positive feedback from delegates. In addition, we received particularly glowing feedback about the discussions and presentations on IAPT and the symposia on mental imagery in CBT. Delegates thought that the Public Meeting on CBT before the conference was an excellent innovation, and appreciated there being plenty of time for questions and discussion.

Clinical Focus
Delegates found the research had a “practical clinical focus”, offering “more applications to clinical practice compared to previous years”. Many reported that the presentations they attended at the conference were very relevant to their everyday work, and some commented that they gained new skills and perspectives that they are already using in their day to day therapy. This year we encouraged presenters to emphasise the applications of their work to clinical practice, so we are pleased that the feedback reflects success in this endeavour, and we will continue to encourage presenters to discuss the clinical applications of their research.

Social events
As well as a well-received academic programme, those who made the journey to Exeter also enjoyed some “fantastic social events”. Powderham Castle was a beautiful setting for the conference barbeque and for many the highlight was the live music that followed. The Gala dinner was another excellent evening of eating, drinking and dancing, and for many this was a great chance to raise a glass to Howard Lomas, and thank him for all of his hard work since the inception of our organisation, as the BABP.
Delegates who completed the feedback forms online also made very useful suggestions for improving future conferences, many of which we plan to act upon. These included: reducing the number of presentations without clinical applications and making them more accessible for non-researchers; increase the number of panel debates; ensure more time for questions; make abstract books available online earlier; indicate for each workshop what level of expertise they are aimed at; and providing a better campus map in advance. These are all issues we will try to address for future conferences. One other issue was that, because of room-size restrictions, some people were turned away from Susan Nolen Hoeksema’s very popular keynote on rumination. We will do our best to avoid something like this happening again in the future.

Next year
We are already planning next year’s BABCP conferences. The theme for the Spring Conference & Workshops, which takes place on Thursday 8th and Friday 9th April at the University of Westminster, is ‘Relationships and Relating in CBT: Science and Practice’. Deborah Lee and Paul Gilbert have worked with us to draw up a diverse and high calibre line-up for this event, which will be made available soon. The annual workshops and conference return to the North, to the vibrant city of Manchester, and will take place from Tuesday, 20th July to Friday, 23rd July 2010. Please put these dates in your diary, and we hope to see you there!

Rebecca Kelly
Conference Administrator of the Scientific Committee

Warren Mansell
Co-chair of the Scientific Committee

Roz Shafran
Co-chair of the Scientific Committee

BABCP Spring Conference & Workshops
Relationships and Relating in CBT Science and Practice
Thursday 8th April 2010 & Friday 9th April 2010
University of Westminster, London

The Spring Workshops and one-day themed Conference have become a regular feature of BABCP’s national programme and each year attracts over 200 delegates to London.

We will be running a programme of one-day workshops including:

Professor Paul Gilbert, University of Derby
Compassionate mind therapy: Developing the therapeutic relationship

Professor Willem Kyken, University of Exeter
Collaborative case conceptualisation: Three principles and steps for individualising evidence-based treatments

Professor Andrew Gumley, University of Glasgow & Dr Matthias Schwannhauer, University of Edinburgh
Cognitive interpersonal therapy for recovery after psychosis

Dr Pasco Fearon, University of Reading
An introduction to mentalization-based techniques for families

Professor Arlene Vetere, University of Surrey
Working ‘within’ and ‘between’: The relationship between intra-personal and the interpersonal

Dr Deborah Lee, University College London & Berkshire Traumatic Stress Service
Using compassion-focused cognitive therapy to work with shame based memories: A transdiagnostic approach

Further details of workshops and the conference programme to be confirmed

See babcp.com and CBT Today for updates and an announcement for when you can register for this event
Exeter 2009 News

Conference Photo Album

‘Let me show you my Joe Pasquale impression!’

Guests arriving at Powderham Castle

Isaac Marks

Howard and his gifts

Gala Dinner in full swing

Howard with Jenny Riggs

BABCP staff enjoying a drink before the Gala Dinner

Howard and Sallie at the Gala Dinner

Eyas workers & friends at the BBQ

John Taylor at the Gala Dinner
Meet the new BABCP Trustees

Results of the 2009/10 BABCP election of Trustees were announced at the AGM on 16 July. The AGM was held during the Annual Conference in Exeter.

Professor Shirley Reynolds is the new President Elect. A Clinical Psychologist for over 20 years, she is currently Professor of Clinical Psychology at the University of East Anglia. Her clinical and research interests focus on child and adolescent emotional disorders and psychological therapies.

The next Honorary Treasurer is to be Dr Lynn Jones, who currently works as a Consultant Child and Adolescent Psychiatrist in Norfolk. Prior to returning to University to study medicine, however, Lynn was a Chartered Accountant with Price Waterhouse. She is also one of the founder directors of a charitable company set up to run conferences for sufferers of anxiety disorders.

Four Trustees have also been elected. Joy McGuire and Katy Grazebrook have agreed to a three-year term. BABCP accredited since 1998, Joy is an experienced clinician with specialist CBT skills. She is also an experienced supervisor, teacher and team leader. Katy is a Consultant Clinical Psychologist who first became involved with BABCP in the early 1990s when she was an active part of the Manchester branch. She has subsequently served on the Board as a Trustee, Honorary Secretary and EABCT Representative.

Dr Fiona Kennedy and Dr Alan Kessedjian have agreed to a one-year term. A BABCP-accredited therapist, supervisor and trainer, Fiona is Branch Liaison Officer for South Branch and ACT SIG. She is now in private practice, as well as developing an executive coaching service. Alan is also a BABCP accredited therapist, trainer and supervisor. Having worked in mental healthcare since 1987, he is currently Principal Psychologist at an NHS inner city psychiatric hospital in Birmingham.

BABCP wishes them every success.

Other AGM news

New CBT “Standards of Conduct”
Also at the AGM held on 16 July, the “Standards of Conduct, Performance and Ethics in the Practice of Behavioural and Cognitive Psychotherapies” were adopted, replacing the “Good Practice Guidelines”. The Guidelines were originally drawn up in 1974 by the then BABP in response to a government enquiry into abuse at a mental health hospital. Only minor changes have been made to the guidelines over the years to accommodate such issues as “cognitive” being introduced and accreditation commencing. In recent years, however, there have been increasing numbers of members who have not been bound by any code of ethics of a professional body. The BABCP Board therefore decided in 2007 to update the Guidelines to make them more comprehensive for those members.

Coincidentally, the Health Professions Council (HPC) had recently revised their code of ethics for registrants, calling it “Standards of Conduct, Performance and Ethics”. The Board considered that BABCP should base its revised guidelines on the HPC Standards and give it a similar title. A section dealing with issues specific to CBT, such as assessment, formulation, measurement and procedures, has also been included, all of which is largely taken from the former Guidelines.

Prior to voting at the AGM, members had the opportunity to review the draft Standards of Conduct on the BABCP website. A copy of the draft was also included in the AGM booklet. The Standards of Conduct can be viewed on the BABCP website. Paper copies of the document are also to be distributed to all members.

Subscriptions
A modest increase in subscriptions was agreed, and Finance Manager Ian Preston has written to all members separately enclosing this special issue of CBT Today to outline how subscriptions will be affected from 1 October 2009. Members are kindly asked to read and digest the information. If you wish to change your payment options, please contact subscriptions@babcp.com for assistance.

New Class of Membership
Changes were made to the Memorandum and Articles to accommodate the introduction of the new class of membership - “Fellows” - which was approved at the AGM. A process is under development, to involve peer review, which is expected to be completed by early 2010.

In brief, an elected Fellow would pay a one-off registration fee to cover the cost of the application process and, when elected a Fellow, they will pay a premium on the annual membership subscription. The argument for this is that BABCP is likely to have helped their careers (in workshops, keynotes etc) and it is seen as a way of paying back to the Association at a time in the senior part of their career when they have earned more. The revised Memorandum and Articles are available on the BABCP website.

Quorum
A further resolution - on quorum at meetings - was carried by the floor.

PICTURED - L-R Current President John Taylor congratulates President Elect Professor Shirley Reynolds. Lynn Jones, next Honorary Treasurer. Four new Trustees: Joy McGuire, Katy Grazebrook, Dr Fiona Kennedy and Dr Alan Kessedjian.
On behalf of the judges, I am delighted to announce the recipients of the 2009 new researchers' Excellence Awards. It was a real pleasure to have the opportunity to attend the oral presentations and poster sessions by new researchers and find out more about the work that is going on in basic clinical science, applied research and clinical practice. The submissions were of very high quality and selecting two examples of excellence among them was a challenge!

This year the prize for excellence in an oral presentation by a new researcher was awarded to Stella Chan of the University of Cambridge for her presentation ‘Hippocampal volume in vulnerability and resilience to depression’. The research Stella presented was conducted during her D.Phil studies at the Department of Experimental Psychology in the University of Oxford. Two members of the scientific committee reviewed the submission and were particularly impressed by the scope of the study, the high quality of design and analysis and the ability to translate the findings from basic clinical science to implications for clinical practice. The presentation of the study was also clear and accessible. Stella will begin a clinical doctorate programme at the University of East Anglia in the autumn and we wish her the best of luck with this!

The award for excellence in posters went to Andrew Bromley for his presentation ‘Participants’ experiences of mindfulness-based cognitive therapy: “It changed me in just about every way possible”’. Andrew presented the findings of a qualitative study from his Ph.D work into mindfulness-based cognitive therapy for depression, which he is currently undertaking at the Mood Disorders Centre in the University of Exeter. The judges were impressed by the importance of the topic and the careful investigation of it, as well Andrew’s plans for future work. In addition, the visual accessibility and appeal of the poster and Andrew’s grasp of and enthusiasm for the material were noted during the poster session itself. If you would like to read more about Andrew’s work you can find it in the July issue of Behavioural and Cognitive Psychotherapy (issue 37, volume 4).

This year’s winners will receive free registration at the BABCP conference in Manchester in 2010 and an opportunity to re-present the winning research or more recent findings at the conference. Please also look out for a more detailed feature on the work of these two new researchers in a later edition of the magazine.

Dr Catherine Crane
Department of Psychiatry
University of Oxford

FAR LEFT Andrew Bromley with his poster
LEFT Stella Chan

Motivational Interviewing: Theory, Practice and Applications with Children and Young People

Dr Eddie McNamara 2009
Positive Behaviour Management (PBM) Merseyside
234 pages sbk £25-99p + £1 P&P
ISBN 978-0-9562918-0-6
Order from PBM, 7 Quinton Close, Ainsdale, Merseyside PR8 2TD or www.positivebehaviourmanagement.co.uk
There was a good turnout for the Branch Liaison meeting with 13 branches and Special Interest Groups (SIGs) represented. John Taylor made time in a busy conference schedule to attend, outlining the proposed strategies and objectives for the organisation over the next five years. This was followed by discussion on the role of the Branches and SIGs in moving these forward. John also acknowledged and thanked the Branches and SIGs for the continued important work and organisational involvement they undertake throughout the year.

BABCP Chief Administrator Jenny Riggs gave an update on the new Association website, which is much easier to navigate. Ian Preston, the new Finance Manager, talked us through financial matters. Ian emphasised that any fixed asset purchased by Branches or SIGs exceeding the value of £100 must be notified, under Charity Commission rules, to BABCP Head Office, with invoices and receipts attached. Preferential rates for such items and VAT refunds can be obtained, if purchased through Head Office.

Nick Wade successfully steered us through a busy agenda, including terms of reference for the Liaison Committee, updating of the Branch Handbook, and a review by each Branch and SIG of the year’s activities.

Any Branch or SIG that has not yet got a banner and wants one can send details to Jenny Riggs in Head Office, who has negotiated a rapid turnaround time with a new supplier.

Congratulations were expressed to Julie Evans of the North West Wales Branch on winning ‘Branch of the Year’ for her sterling work in lobbying the Welsh Assembly on mental health provision in Wales.

The next meeting will take place on 16 October in Durham. As this was my last liaison meeting, may I just add a personal sentence to say how much I have enjoyed my involvement with undoubtedly the best BABCP committee. My thanks to so very many amazing people, and with every good wish for the future.

Chris Alderton
(Chester, Wirral and North East Wales Branch)

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**Branch Liaison Award 2009:**

**Winner – North West Wales Branch**

*Julie Evans (here pictured collecting the award) writes:* The Branch was established in April 2006, the result of a group of 15 clinicians from the statutory and private sector coming together to promote CBT training and networking opportunities within North West Wales (previously CBT clinicians had to travel to Chester for their nearest branch).

The committee and local membership remain quite small in number but nonetheless they are an enthusiastic and highly active group. Activities have included:

- Hosting two to three workshops annually with speakers including Paul Salkovskis (OCD), Nick Grey (PTSD), Mark Freeston (GAD), Mary Shinner (Case Formulation) and Debbie Hawker (Eating Disorders).
- Monthly evening presentations have been held during the autumn, winter and spring. These have been fairly informal events, often attended by committee members alone but nonetheless stimulating.
- A one-day Conference was held in September last year to promote CBT initiatives and provide a platform to stimulate discussion amongst managers, clinicians and service providers regarding the IAPT developments taking place over the border. The day was chaired by the local MP Hywel Williams. The Branch felt the event was well received and have subsequently contacted the two other Welsh branches with a view to co-hosting a further Conference with the same focus of generating discussions about CBT provision and inviting budget holders, politicians and clinicians.
- Concerned that Wales have not been a part of the IAPT plan to date and eager to achieve equity for Wales, the Branch has been active in its lobbying role for both service users and clinicians. Currently CBT services are scant in provision while there are limited training opportunities for professional development and career progression. The Branch has responded to two consultation documents produced by the Welsh Assembly: *The Mental Health Promotion Action Plan for Wales* (January 2007) and *A Well Being and Mental Health Service Fit for Wales* (September 2008). Letters have been sent to the former Assembly Minister for Health Brian Gibbons and the current Minister Edwina Hart, as well as the three MPs who cover the Branch constituencies. The Branch has also approached the BABCP Board to request that we canvass for representation on the IAPT discussions in Wales, so we can bring some influence to bear on the process.
Following my formal retirement as an employee of BABCP at the end of July, I wish to write to all the members to thank them for such a wonderful send off at the conference in Exeter. The Gala Dinner, held on the Friday night to celebrate my retirement, was a magnificent occasion with lots of surprises for me. The first I knew something special was happening on the Friday was on my arrival at the conference on Wednesday when staff urged me to collect a Gala Dinner ticket. Imagine my surprise when I examined the duly collected ticket as shown:

At the pre-dinner drinks I met lots of people but in particular a number of past officers of the Association who had clearly come specially for the dinner celebration and many from considerable distances including outside the UK. I feel very honoured not only that they attended specially but also for the many others who were at the conference but came to celebrate with me at the dinner.

Another surprise was when I saw the 50 large dinner tables in the great hall, each with an enormous helium-filled balloon with a picture of me on it. I was surprised anyone was able to digest their dinner with that floating above them! It was great to share a table with four past Presidents and some founding members. Also lots of close BABCP friends as well as some new members attending their first conference but taking the trouble to introduce themselves to me and pass on some warm comments.

Following a superb dinner, Derek Johnston and Richard France made speeches recalling events of the past and announcing the two things for which I will be remembered in the Association. Tunnelling through the underground service ducts at the conference in Warwick back in the 1980’s to appear from beneath the floor at an impromptu late night party is one. The other matter I will be remembered for is blowing up condoms on my head at the final party of the world congress in Edinburgh in 1988!

Peter Armstrong, who served as Poet Laureate on the BABCP Board 2005-08, read a poem he had written which recalled a particular Board meeting in London at which I was late arriving having collapsed on an underground train while travelling with Rod Holland to the meeting. Apparently I had collapsed into the arms of a beautiful blonde woman who looked after me until an ambulance was summoned to take me to nearby St George’s A&E. Peter surmised that, in my unconscious state, my spirit had been transported back to my beloved Leverburgh on the Isle of Harris. I was very moved and flattered that such an acclaimed, award winning poet from the North East that Peter is, should not only write this poem but also read it to the assembled 500.

Isaac Marks made a presentation to me on behalf of BABCP, of a couple of retirement gifts: a beautiful cut-glass decanter and two glasses, each engraved with: “Howard Lomas. BABCP. You Made It Happen…”

The other gift was a large framed picture of Sallie and me wearing breakfast aprons outside our Carminish House B&B on the Isle of Harris in the Outer Hebrides. It all fell into place why Jenny Riggs had telephoned me only a couple of weeks previously asking if I was still serving breakfasts and wearing my apron, Jenny asked if I would ask one of the B&B guests to photograph us and then immediately email the picture to the office! Both gifts will have pride of place both here at Carminish House but particularly in our new home down the road when we retire there from the B&B later next year. Anyone want to buy a B&B located in paradise? We can sit and enjoy the decanter filled with the new malt whisky distilled on the Outer Hebrides (first for 160 years) when it is released next year and we can reminisce about BABCP and the B&B.

I did such reminiscing in my after-dinner response to Richard, Derek and Isaac. It did feel, after their very kind remarks, as though the Obituary Writer which David Veale has been pressing for on the Committee had become a reality! I’d always promised myself that I would never be drawn into doing an after-dinner speech at BABCP knowing that eminent past Chairs and Presidents have sometimes failed to negotiate the...
reason for such ventures. Keele was the smallest university on the largest campus in UK being up in the hills outside Newcastle-under-Lyme. The university buildings, including all the halls of residence, were spread far and wide across the campus and all were connected by underground service ducts with shafts rising to trap doors in every building. Back in 1964, not only were there no such things as mixed halls of residence but near at Keele, a very eminent psychologist/philosopher was invited to give a celebrity lecture at Keele. He was a behaviourist, introduced me to Laurence Burns who organised a similar “North West Behaviour Modification Study Group”. It was from these groups, as well as others such as John Bancroft’s Oxford group and Gwynne Jones’ Leeds group, that the BABP was formed in 1972. With Laurence Burns as the first secretary of BABP, I took over as secretary of the Manchester group. Isaac Marks was the first Vice Chair of BABP in 1972, later to become Chair. I recall in the 1970’s Isaac had been leading a workshop at Prestwich Hospital, North Manchester, and was to give a lecture to the BABP Manchester branch in the evening. I had to collect Isaac from Prestwich because he avoided driving a car whenever possible (still does). It being rush hour at 5.30pm, we found ourselves in a long queue on the main drive of the hospital waiting to turn onto the main A56 road. Traffic was hardly moving and Isaac asked, “Why are we in this queue?”. I wasn’t sure whether such an obvious question from Isaac was a result of his lack of driving experience or because he was a psychiatrist. But I explained there were few or no breaks in the traffic on the main road to allow cars in our queue to move. “This is ridiculous”, said Isaac, who immediately got out from the passenger seat, ran up to the main road and out into the middle holding up all the main road traffic and waving out the Prestwich Hospital traffic. Now there’s a behaviourist for you!

I recall many good times with Derek Johnstone and his wife Marie, both in and out of BABCP. It was the same Warwick conference in the 1980’s where my underground exploits took place that I also finished up in the fountain at the hands of Marie! The very same conference also saw a Sinclair C5, Hoover-powered electric car supplied by the University to the conference organisers to facilitate their speedy movement around the campus. Derek and I have also enjoyed some good malt whisky tastings together over the years. It’s always good to drink with a true Scotsman who knows his whisky.

Richard France was probably the first GP to join the Association back in the 1970’s. Of many happy memories with Richard, I attended, along with only a handful of other students and enjoyed a three-hour, very personal session with the great man. Another invited speaker to Keele that year was Derek Jethu who was giving a talk on “Behavioural Approaches to Social Work”. Following a chat (and a drink!) with Derek afterwards, I was successful in obtaining a place on a two-year postgraduate diploma course in Social Work at the University of Leicester School of Social Work, at which Derek Jethu was Director. Derek immediately labelled me as a behaviourist and the label has stuck ever since!

Prior to my time at Leicester, I had completed a mini thesis at Keele in psychology, about the inter-correlation of reading ages, arithmetic ages and IQ in a population of teenagers. It was jointly done with Don Foster (currently Lib-Dem MP for Bath) and we successfully submitted it to the BPS Education Section as a student paper at their annual conference in London in 1969.

Typical of psychology undergraduate papers, we were critical of the work of well-known researchers of the time. One such paper we cited was entitled “Predicting Reading Ages on Neale’s Analysis of Reading Ability” from 1967. Little did Don Foster and I know that, as we read our critical comments to the audience at the conference, the author was sitting listening to us with interest. It was Bill Yule! Bill is therefore the longest standing member I have known, going back 40 years. We have shared many good times together in BABCP. One, often recalled by us both, was when we were part of a BABP-organised group attending the EABT conference in Vienna about 30 years ago. On our arrival in Vienna, the first thing I did was to visit 19, Berggasse, which everyone will know was the home of Sigmund Freud! If it seems very odd that a group of behaviourists should go there, imagine our surprise when during our tour of the house we found no other than Joseph Wolpe seated on Freud’s couch!

Back to Leicester School of Social Work in 1969 where Derek Jethu, having told me I was a behaviourist, introduced me to the regular monthly meetings of the Behaviour Modification Group at the Middlesex Hospital. There, on the first Monday of every month from 8pm to 10 pm, people such as Derek Jethu, Jack Rachman, Isaac Marks and Vic Meyer met to listen to and discuss with eminent behaviourists of the day. I moved to Manchester in 1971 and Derek Jethu introduced me to Laurence Burns who organised a similar “North West Behaviour Modification Study Group”. It was from these groups, as well as others such as John Bancroft’s Oxford group and Gwynne Jones’ Leeds group, that the BABP was formed in 1972.

Continued overleaf
one that particularly stands out was when we held a BABCP Board meeting at his home in Tuscany, Italy, in 1996. This followed from a custom probably started by John Bancroft when he was Chair in 1984, whereby the final Board meeting of the Chair’s term of office was held in the hometown of the Chair, who would entertain the committee members for the evening. Now Richard has two homes, one in Yateley, Hampshire and the other a restored Tuscan farmhouse out in the hills of the glorious Tuscan countryside. Following the tradition, we persuaded Richard to hold the committee meeting at his Tuscan home! Before members start complaining about officers’ expenses claims, let me say that the cost of travel and accommodation to a meeting in Hampshire was calculated and any extra in holding the meeting in Tuscany was met by individual officers. It was a great experience even if torrential rain washed away some of us who were camping in the grounds of Richard’s home!

I could write hundreds more memories of BABCP events and members but can’t miss two longstanding key members from Ireland who specially attended the gala dinner – Charlie McHugh and Andy Giffney. Charlie from Donegal has attended many meetings over the years, though not always at the right time. He arrived at a committee meeting in Reading at 5pm one afternoon, appearing at the bar just as a few of us were about to leave having stayed on for a farewell drink before returning home after the all-day committee meeting. Charlie was a day late! Andy Giffney from Waterford, however, bettered that at the European Congress in Corfu in the early 1990’s. Andy had taken a taxi into Corfu town centre and, not having any Greek currency, he asked the taxi driver to call at a bank so he could change some punts into drachma to pay his fare. At that moment they were passing by the port where an international ferry had just berthed. The taxi driver said the easiest way for Andy to obtain change was to nip up the gangway of the ship where there was a bureau-de-change and the taxi would awaited his return. Now many members will know that Andy lives not very far from Blarney Castle and he certainly has kissed the famous stone many times. While Andy chatted on the ship, he didn’t notice the gangway being drawn up and the ferry departing until it was too late. He returned to Corfu a couple of days later on the next ferry back from Turkey. We don’t know if the taxi driver was still waiting for his fare!

Of my 40 years’ involvement, Rod Holland has been an immense support for 32 of those years and continues to put in an amazing amount of voluntary service for BABCP in all sorts of areas. A key one has been in conference organisation. Of very many anecdotes I could recall about Rod, one which always amuses me relates to the early benefits of computers. During the organisation of the world congress in Edinburgh in 1988, Rod had been listing all delegates by their country and had listed very much ‘Holland’. I pointed out to Rod that the country is really ‘The Netherlands’, Holland being a region of two provinces in The Netherlands. Rod’s worries about all the work involved in changing every entry of ‘Holland’ were soon settled when Eysa said that they could cleverly do a “find and replace” on the computer and all would be changed in seconds. However, the last laugh was when Rod received his conference badge which read “Rod The Netherlands”.

As I said earlier, I will clearly be remembered for condoms and tunnelling rather than any outstanding work on CBT, though in the early years I did have occasional invites to branches to talk on “Behavioural Approaches to Social Work”. That sparks off a couple of memories. I attended the North Wales branch many years ago and found that I was introduced by the chair in Welsh. I regretted not having learnt a few pleasantries in Welsh at least to start my talk but then maybe it was for the best when I think of Paul Saikovskis’ experience. He was delivering a CBT lecture to a French speaking audience and smart chaf that he is and allegedly fluent in French, Paul delivered the whole lecture in French. Throughout the talk he frequently used the word ‘beaucoup’ meaning ‘many’, ‘much’, ‘a lot’. Paul normally is very entertaining and amusing in his talks but this particular audience seemed more amused than most. On enquiring afterwards from his host what was so amusing, he was informed that he had been pronouncing ‘beaucoup’ as ‘beau cuit’ which translates in English as ‘beautiful arse’!

My other memorable trip to a branch (forgettable really) was to the Southern branch in Portsmouth. This was in 1982 around the time of the Falklands war. Rod Holland had taken me into a local pub where I proceeded to put my favourite record of the time on the jukebox. It was Julie Covington singing “Don’t Cry for Me Argentina”. Very insensitive of me in Portsmouth of all places. The landlord promptly ejected the record and me and Rod!

A major life change for me and the Association came about in 1997 when I retired from social work to become an employee of BABCP. Bury Borough Council were probably pleased to grant me retirement after 30 years. As a manager of adult services, I had misinterpreted “needs led services” as meaning giving the client what they needed and I was costing Bury local authority a lot of money. In BABCP, working with committee members and Presidents meant a different relationship now I was an employee. As I used to remind the Board members, I was now paid to be good whereas they were ‘good for nothing’.

Initially working from home prompted a new dream – to work from the Outer Hebrides which I had been visiting and enjoying since 1966. After all, home can be anywhere with new technology. However, before I could realise the dream, the Association expanded very rapidly, to the extent that I very soon needed to employ extra admin staff. That meant finding office premises in Accrington. The dream had to be put on hold. As expansion continued we needed to appoint a senior manager for the office and we were very fortunate to engage the services of Jenny Riggs at the start of 2003. Jenny did such a great job as senior manager organising the admin and downloading BABCP operations from my brain, that it became apparent I could leave her to it and once again work from home. This time home was to be on the Isle of Harris in the Outer Hebrides. Sallie and I moved to Harris in February 2004. We had never intended to purchase a guest house to live in but it was the only property available that met our needs and I was costing Bury local authority a lot of money.

“Bury Borough Council were probably pleased to grant me retirement after 30 years. As a manager of adult services, I had misinterpreted “needs led services” as meaning giving the client what they needed and I was costing Bury local authority a lot of money.”
Dr Holland’s Effusion on Finding Mr Lomas to be (Allegedly) Less than Conscious on a Slow Train Through the Capital

Sleep that righteous hypoglycaemic sleep, your beatiific head in the lap of beauty freed from committees for the blessed morning, to find your way north by way of Oban, by Castlebay and Northbay, by Eriskay and potewards, to your right the machair and your left the mountains, by the gospel-narrow causeways of Benbecular and the Uists, whispering a last devout or blasphemous Hail! Star of the Ocean! At the shrine by Carnan; then embracing that lucid presbyterian silence by which the soul acknowledges finally land’s mere, if lovely, contingency between the ultimate truths of blue: loch and lochan, sky and ocean. Draw breath at Borgh; a drachm by Killegray; a prayer for the dreams of reason at Leverburgh; a left takes you home, or to wakeful London where a huddle sweats in its schismatic basement, scratches its collective wee free head over your secret knowledge of the mems and arts, and passes unanimously your latest addendum.

Peter Armstrong, July 2009

needs. With Sallie needing a job, she decided to continue the guest house as a bed and breakfast (and dinners) establishment assisted by me when not fully occupied with BABCP business. People ask if we are isolated, lonely and bored living on such a remote island. However, our experience is that we have a much fuller social life, know far more people and get out much more than we ever did when living and working near Manchester. To achieve that it has been important to try and get to know and fit into the local culture, mix with local people and speak a bit of Gaelic.

The big cultural issue to understand and fit in with is Sundays. On the Isle of Harris on Sundays there are still no shops open, no bars, no public transport, no work done, no pleasures to be partaken (the swings in the local children’s playground are locked), no washing should be done and certainly not seen hanging out on the washing line to dry, no gardening, no fuel on sale etc. Sallie and I thought we had just understood (and were actually enjoying) Sundays, when a local chap who we were taking home one Saturday night after a few too many drams, started relating his rather varied love life with several local women and I’ll have more time to enjoy not only the B&B. However, it is our intention to also retire from the B&B at the end of 2010 and have more time to enjoy not only the Hebrides but also many other travels around the world. We already have another home to move to, which is next door, though that means 500 yards away, and we hope to sell the B&B next year. If anyone wishes to follow a similar dream to us and fancies running a B&B, come and visit us and make us an offer!!

Finally, can I again say a very big thank you to everyone who has given gifts, cards, warm sentiments or their presence at such a great retirement send-off.

Tiaraird an dràsda
(which is Gaelic for ‘bye for now’)
Universities Psychotherapy and Counselling Association Conference 2009

In association with the Research Centre for Therapeutic Education, Roehampton University

“The Relational” Cutting Edge or Cliché in Psychotherapy and Counselling

Saturday, 14th November 2009
10.45am to 4.45pm Registration 10.00am

Roehampton University, Whitelands College, London

Speakers: Rachel Blass, Del Loewenthal, Susie Orbach, Ian Parker, Andrew Samuels, Pete Sanders, Tom Strong

UPCA members £70.00; non-UPCA participants £85.00; UPCA student members £45.00; non-UPCA student participants £55.00

(Bookings received before October 14th get a £10 discount)

Booking forms from: The Administrator, UPCA, P.O. Box 142, St. Leonards-on-Sea, TN38 1DN (upca@hotmail.co.uk)

(NB: Attendance counts as 6hrs C.P.D. requirement met)
Logos Centre Annual CBT Conference
Wednesday 25th November 2009
(9.00am Registration/4.30pm Close)
Bishops Suite, Ramside Hall Hotel, Durham
(Easy access by car and taxi ride from railway station)

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>09.20am</td>
<td>Welcome &amp; Introduction</td>
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<tr>
<td></td>
<td>Jo Turnbull, Chairman of Tees, Esk &amp; Wear Valleys NHS Foundation Trust</td>
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<tr>
<td>09.30am</td>
<td>Catalysing Change through Managing Strengths</td>
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<td></td>
<td>Dr Sanjay Rao, Consultant Psychiatrist, Logos Centre, TEVW NHS Foundation Trust</td>
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<tr>
<td>10.10am</td>
<td>New Developments in Acceptance and Commitment Therapy</td>
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<td>Mark Webster, Psychotherapist, South Hampshire CBT Ltd</td>
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<tr>
<td>10.50am</td>
<td>Tea / Coffee</td>
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<tr>
<td>11.10am</td>
<td>Trauma and Psychosis</td>
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<tr>
<td></td>
<td>Sally Standart, Locum Consultant in Cognitive Therapy for NE Trauma Centre</td>
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<tr>
<td>11.30am</td>
<td>Lunch</td>
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<tr>
<td>1.15pm</td>
<td>1. Introduction to EMDR (Eye Movement Desensitisation Reprocessing)</td>
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<td></td>
<td>David Bloore, EMDR Consultant/Researcher, University of Birmingham</td>
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<td></td>
<td>2. Treating Generalised Anxiety Disorders – Dr Sanjay Rao, Consultant</td>
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<td></td>
<td>Psychiatrist, Logos Centre, TEVW NHS Foundation Trust</td>
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<td></td>
<td>3. Practical Approaches to Personality Disorders – Jayne Fitches, CBT</td>
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<td></td>
<td>Therapist &amp; Katie Hall, CBT Therapist, Logos Centre, TEVW NHS Foundation Trust</td>
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<td></td>
<td>4. Relapse Prevention in Mood Disorders – Janet Forster, Clinical Lead,</td>
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<td></td>
<td>&amp; Kirstine Postma, Consultant Clinical Psychologist, Logos Centre,</td>
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<td></td>
<td>TEVW NHS Foundation Trust</td>
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<tr>
<td>2.30pm</td>
<td>Tea / Coffee</td>
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<tr>
<td>2.50 pm</td>
<td>CBT in Chronic Physical Conditions – Karen Heslop, Respiratory Nurse</td>
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<td></td>
<td>Consultant, Chest Clinic RVI Hospital, Newcastle upon Tyne Hospital Trust</td>
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<tr>
<td>3.30pm</td>
<td>CBT for Psychosexual Conditions</td>
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<td></td>
<td>Dr Renuka Arjandas, Consultant Psychiatrist in Psychotherapy, South of Tyne &amp; Wearside NHS Trust</td>
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<tr>
<td>4.10pm</td>
<td>Conference Overview &amp; Close</td>
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Conference Fee: £110

To download a flyer, on-line registration or printable registration forms, please visit www.logoscentre.co.uk

For Conference enquiries: Tel: 0191 241 4523
Email: logostraining@benchcom.co.uk
<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>5 &amp; 6 October 2009</td>
<td>Motivational interviewing: introduction and integration</td>
<td>CWI in association with Professor Stephen Rollnick</td>
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<tr>
<td>16 October 2009</td>
<td>Treatment of generalized anxiety disorder: an evidence-based approach</td>
<td>Professor Michel Dugas, Concordia University, Canada</td>
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<tr>
<td>3 &amp; 4 November 2009</td>
<td>‘Transdiagnostic’ CBT for eating disorders</td>
<td>Professor Christopher Fairburn, University of Oxford</td>
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<td>1 December 2009</td>
<td>Cool Kids: treating childhood anxiety effectively</td>
<td>Professor Ron Rapee, Macquarie University, NSW</td>
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<tr>
<td>7 December 2009</td>
<td>Evidence-based cognitive therapy of depression: recent developments and best practices</td>
<td>Professor Keith Dobson, University of Calgary, Canada</td>
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<tr>
<td>7 January 2010</td>
<td>Achieving excellence in the treatment of health anxiety</td>
<td>Professor Paul Salkovskis, Institute of Psychiatry</td>
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<tr>
<td>11 January 2010</td>
<td>Single session treatment of specific phobia in the real world</td>
<td>Professor Lars-Göran Öst, Stockholm University, Sweden</td>
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<tr>
<td>19 January 2010</td>
<td>Treating PTSD the evidence-based way</td>
<td>Professor Anke Ehlers, Institute of Psychiatry</td>
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<tr>
<td>9 February 2010</td>
<td>Effective long-term interventions for sexual offenders</td>
<td>Professor Mark Olier, Saskatchewan University, Canada</td>
</tr>
<tr>
<td>10 February 2010</td>
<td>CONFERENCE Understanding and treatment of offenders: a research and clinical update</td>
<td>see <a href="http://www.reading.ac.uk/charliewaller">www.reading.ac.uk/charliewaller</a> for updated speaker list</td>
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<tr>
<td>2 March 2010</td>
<td>Treating BDD the NICE way</td>
<td>Dr David Veale, Institute of Psychiatry</td>
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<tr>
<td>16 March</td>
<td>Supercharging CBT; A transdiagnostic protocol for common anxiety conditions of later life</td>
<td>Professor Jan Mohlman, Rutgers, New Jersey</td>
</tr>
<tr>
<td>17 March</td>
<td>CONFERENCE The aging mind and the aging brain: a research and clinical update</td>
<td>see <a href="http://www.reading.ac.uk/charliewaller">www.reading.ac.uk/charliewaller</a> for updated speaker list</td>
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<tr>
<td>22 &amp; 23 March 2010</td>
<td>Interpersonal psychotherapy for depression: how to apply the protocol</td>
<td>Professor Scott Stuart, University of Iowa, USA</td>
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<tr>
<td>29 April 2010</td>
<td>Mindfulness in the prevention of relapse of depression</td>
<td>Professor Mark Williams, University of Oxford</td>
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<tr>
<td>10 May 2010</td>
<td>State-of-the-art treatment of ADHD in children</td>
<td>Professor Peter Jensen, The Reach Institute, New York</td>
</tr>
<tr>
<td>11 May 2010</td>
<td>CONFERENCE State-of-the-art treatment for children’s mental health problems</td>
<td>see <a href="http://www.reading.ac.uk/charliewaller">www.reading.ac.uk/charliewaller</a> for updated speaker list</td>
</tr>
<tr>
<td>8 June 2010</td>
<td>CONFERENCE No health without mental health</td>
<td>see <a href="http://www.reading.ac.uk/charliewaller">www.reading.ac.uk/charliewaller</a> for updated speaker list</td>
</tr>
<tr>
<td>28 June 2010</td>
<td>How to treat OCD</td>
<td>Professor Randy Frost, Smith College, Massachusetts</td>
</tr>
</tbody>
</table>
CBT at UoB

Postgraduate Diploma in Cognitive Behaviour Therapy - January 2010

Cognitive Behaviour Therapy, School of Psychology,
Closing date: 31st October 2009
Interviews: week commencing 23 November 2009

Consists of 6 modules

45 teaching days in total

One day a week teaching - held on a Thursday for January – June 2010 and a Tuesday for September 2010 – June 2011.

Assessment by essays, taped sessions, case studies and supervision reports

Full details about syllabus and course requirements obtainable from Shelley Nolan.

We are accepting applications for the 2010 Postgraduate Diploma in CBT. The course, which runs for 18 months, will begin in January 2010.

The aim of the post graduate Diploma is to teach students to achieve the level of knowledge and clinical skills to operate effectively and relatively independently as Cognitive Behavioural Therapists. The course content will contribute significantly to the criteria for the accreditation as a BABCP Practitioner.

Current fee is £5,885, although students who have already attended the 10 day CBT Introductory Practitioner Course are eligible to start the Course at a later date with a reduced fee.

From the NICE Guidelines on the management of Anxiety Disorders:

“If a psychological intervention is to be offered, then Cognitive Behaviour Therapy should be used and should be delivered only by suitably trained… people who can demonstrate that they adhere closely to empirically grounded treatment protocols”

Quotes from previous students:

“The course is of a very high standard, with well structured teaching and practical skills training”

“Good range of skills offered, excellent teaching style and very understandable context. Ten out of ten”

Contact details
Shelley Nolan
School of Psychology
The University of Birmingham
Edgbaston
B15 2TT

Phone: 0121 414 7198

Email: cbtprogramme@contacts.bham.ac.uk

http://cbt.bham.ac.uk/main.php
Applications are invited from members of BABCP for appointment as Accreditation Liaison Officer

15 hours per week working from the BABCP Office in Bury. This appointment will initially be for 12 months.

You will assist the Senior Accreditation Liaison Officer and the existing Accreditation Liaison Officer in developing the Accreditation Register, be responsible for scrutiny of applications and provide impartial and informed advice to BABCP members.

You will have been an Accredited BABCP practitioner for at least two years, and have a thorough understanding of the Accreditation process.

The salary is £35,953 full-time equivalent, £14,576 pro-rata for two days a week.

Application Form and Person Specification are available from jenny@babcp.com.

Closing date for applications Monday 28 September 2009.