

## **SUPERVISION SPECIAL INTEREST GROUP (SIG)**

### **Ask Don't Tell: Socratic Methods in CBT Supervision**

Presented by Dr Helen Kennerley

Tuesday 29 October 2019

**Times:** 10.00am to 5.00pm (Registration from 9.30am)

**Venue:** Unipart Conference Centre, Unipart House, Garsington Road, Cowley, Oxford, OX4 2PG

#### **Workshop content**

We routinely use Socratic methods in our clinical practice but how do we get the most out of them in supervision? To help us achieve this, this workshop addresses:

- What is Socratic Method?
- What do we want to achieve through Socratic Methods in CBT supervision?
- What are good Socratic questions and what is good Socratic technique?
- How do we use Socratic Methods for different purposes in supervision?
- When is it better not to use Socratic Methods?

The workshop will comprise didactic presentation (including video material) and will offer opportunities for live practice of techniques.

The workshop assumes that attendees are experienced CBT practitioners. It is suitable for those who are preparing to offer CBT supervision and those who are already providing CBT supervision.

#### **Learning objectives**

- To recognise how Socratic methods can facilitate good CBT supervision
- To recognise when direct enquiry and or didactic teaching is appropriate

#### **The Presenter**

Dr Helen Kennerley is a Consultant Clinical Psychologist with Oxford Health NHS Foundation Trust and a Senior Associate Tutor with the University of Oxford. She is a founder member of the Oxford Cognitive Therapy Centre (OCTC), where she was formerly the Director of its Advanced Cognitive Therapy Studies courses and MSc, and co-director of the OCTC D.Phil. Helen is now the lead for the Postgraduate Certificates in Supervision & Training and in Psychological Trauma. She has practiced CBT for over 30 years, having trained in Oxford and the US. She has written several popular cognitive therapy self-help books and texts, some of which have been commended by the BMA. In 2002 she was short listed for the BABCP award of most influential female cognitive therapist in Britain.

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## **Registration and General Information**

BABCP Member fee: £70

BABCP Member Student: £50

Non-Member: £90

Non-Member Student: £70

Lunch and refreshments are included. Please make us aware of any special requirements on the booking form.

A CPD certificate for 6 hours will be issued – 50/50 skills and theory.

**Closing date for registrations is Monday 21st October 2019**

For any event or booking queries please contact BABCP head office on 0330 320 0851 or email [workshops@babcp.com](mailto:workshops@babcp.com)

For venue directions please see website - <https://unipart.com/find-us/>