

LONDON BRANCH

Cognitive Behavioural Chairwork: Advanced Skills and Applications

Presented by Matthew Pugh and Toby Bell

Wednesday 4th & Thursday 5th December 2019

Times: 10.00am to 4.30pm (Registration from 9.30am)

Venue: The National Council for Voluntary Organisations (NCVO) Society Building,
8 All Saints Street, London, N1 9RL

Workshop One - Cognitive behavioural chairwork in action: An introductory workshop

Chairwork represents a collection of powerful experiential interventions which utilise chairs and their relative positions for therapeutic purposes. Chairwork has a rich history of applications in CBT and appears to be an effective method for treating a range of emotional and psychological difficulties.

This experiential and practice-focused workshop will introduce therapists to basic chairwork techniques and explore how these interventions can be used to enhance their clinical practice. Core chairwork interventions for working with negative automatic thoughts, distressing emotions, core beliefs, and metacognitive processes such as self-criticism will be outlined through didactic teaching, video presentations, live demonstrations, and practice-role plays. Delegates will also learn how process-based skills can be used to maximise the effectiveness of chairwork.

By the end of the workshop, delegates will be able to:

- Describe the basic forms of chairwork (empty-chair, two-chair, and role-play techniques)
- Understand the mechanisms of action underlying cognitive behavioural chairwork
- Use chairwork techniques to socialise clients to the cognitive behavioural model; modify negative automatic thoughts; manage emotional distress; build metacognitive awareness; and address core beliefs
- Apply unique, process-related skills to enhance the effectiveness of chairwork

This workshop is suitable for CBT therapists who have limited experience using chairwork and wish to develop competency using these action-based techniques.

Workshop Two - Cognitive behavioural chairwork: Advanced skills and applications

Chairwork represents a collection of powerful experiential interventions which utilise chairs and their relative positions for therapeutic purposes.

Widely Recognised Accreditation | High Quality CPD | CBT Register UK

This unique experiential workshop will introduce delegates to advanced applications of chairwork in CBT, including compassion-focused, schema-focused, and emotion-focused chair-based techniques. Time will be spent both exploring how complex forms of chairwork can be used to tackle challenges and obstacles in CBT including emotional blocks, shame and self-criticism, attachment-related difficulties, and distressing childhood memories.

Teaching will be provided using a mixture of didactic presentations, group discussions, video presentations, live demonstrations, and practice role-plays.

By the end of the workshop, delegates will be able to:

- Describe how chairwork techniques are used in third-wave and integrative forms of CBT (e.g. compassion-focused, schema-focused, and emotion-focused approaches).
- Understand the mechanisms of action underlying chairwork in these forms of cognitive therapy.
- Use chairwork to overcome emotional blocks / avoidance in therapy, reduce shame and self-criticism, and address distressing memories / attachment-related difficulties (including 'unfinished business').
- Identify and overcome obstacles when using chairwork in CBT.

This workshop is suitable for therapists who have some experience using chairwork and wish to develop competency using more complex chair-based techniques.

About the presenters

Matthew Pugh is a Clinical Psychologist, Cognitive Behavioural Psychotherapist, Advanced Schema Therapist, Voice Dialogue facilitator, and Honorary Clinical Lecturer (University College London). He works at the Vincent Square Eating Disorders Service in Central London and was previously acting Lead Clinical Psychologist for the service. He is the author of '*Cognitive Behavioural Chairwork: Distinctive Features*'.

Tobyn Bell is a Cognitive Behavioural Psychotherapist, Trainer, Supervisor, and programme-lead at the Greater Manchester Psychological Training Centre. He is also a Compassion-Focused Therapist and part of the training executive for the Compassionate Mind Foundation. He is the co-author of '*Experiencing Compassion-Focused Therapy from the Inside Out*'.

Registration and General Information

Delegates can choose to attend either Day One, Day Two or Both Days

Day One or Day Two Only

BABCP Member fee: £90

Non-Member fee: £130

Both Days

BABCP Member fee: £170

Non-Member fee: £250

Lunch and refreshments will be provided. A CPD certificate for 6 hours (one day) or 12 hours (both days) will be issued. 50/50 skills and theory.

Closing date for registrations is Monday 25th November 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 - <https://www.ncvo.org.uk/contact-us>