

INDEPENDENT PRACTITIONERS SPECIAL INTEREST GROUP (IPSIG)

Becoming a More Effective Independent Practitioner

Presented by Lee Grant and Stephen Wilson

Saturday 26th October 2019

Times: 9.45am to 5.00pm (Registration from 9.30am)

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

Background

A six-hour workshop by Lee Grant and Stephen Wilson for those practitioners working in Independent Practice who want to enhance client engagement and promote successful therapy outcomes. It is envisaged this would have greater utility for those who have been established within Independent Practice for a minimum of 18 months.

Brief description of the day

Clinically led services based on commercial principles have distinctive influences for Independent Practitioner and their clients. However, the liberating strength and joy for the independent practitioner is the fluid nature of our diverse work. This variety coupled with clinical freedom can lead us to being very well placed in providing lasting change for a client group who frequently find it difficult to access traditional services. Unfortunately, if left unrestrained, then variability, drift and clinical bias can occur, which can lead to vulnerability and a potential risk to that successful service.

In this workshop we will examine the context of various services the Independent Practitioner might offer, such as reflecting upon how engagement and retention skills within the therapeutic process can promote positive outcomes for both the individual and the independent service. Principles of evidence-based therapy will be enforced, and we will explore how to structure and deliver processes to meet the needs of our clients and the referring agency (if different). We will learn that translating our focus on recovery into measurable terms both supports and strengthens the independent health care business model.

Aim:

To expand and enhance therapist's belief in their abilities to facilitate client engagement in order to promote successful therapy outcomes within Independent Practice.

Objectives:

- To develop an understanding of the similarities and divergent factors between Independent Practice and NHS/statutory services.

Widely Recognised Accreditation | High Quality CPD | CBT Register UK

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- Understanding the importance of fidelity to the CBT model and its evidence base within Independent Practice.
- To identify the suitability of treatment within the assessment / socialisation process using an idiosyncratic formulation and to manage client expectations so as to facilitate engagement in therapy.
- To plan therapeutic tasks that develop a client's confidence in the Independent CBT therapist that lead to positive clinical outcomes in the long term.
- To identify those evidence based therapeutic activities and influences that assist with client engagement and retention, and those that lead to therapeutic and modality drift.
- To plan professional quality standards and personal benchmarks within one's own clinical governance process, and to consider the relevant metrics necessary to monitor personal practice in Independent Practice, thus informing what to take to clinical supervision

Biographies

Lee Grant is Efficacy's Clinical Director and founded Efficacy in 2003. He is a BABCP accredited CBT therapist (practitioner, supervisor and trainer). He provides independent cognitive behavioural therapy to individuals and psychological and emotional wellbeing to organisations while designing and overseeing service development. In addition to his clinical work, Lee has a Fellowship with the Higher Education Academy (FHEA) providing CBT services and consultancy to many independent services and statutory services (IAPT and NHS England). As a former Programme Leader for three MScs in CBT, he provided post-graduate training to mental health professionals. His role includes the overall management of services, clinical governance, teaching, providing clinical supervision, clinical leadership and operational management.

Lee began his career as a mental health nurse in 1988 and had continuously worked as a clinician, building up extensive experience and expertise. In the eight years before founding Efficacy, Lee worked as a Cognitive Behavioural Therapist managing NHS services in primary and secondary care.

Stephen Wilson is an Independent Practitioner and founder of INTEGRITY CBT LTD, based in Birmingham and Warwickshire. He provides CBT to both private individuals and works with a variety of third-party providers. He has a distinction at Masters Level and has a special interest in pain management. Stephen qualified as a mental health nurse in 1987 and apart from 18 months working in the NHS, he has spent his professional career in the Independent Sector.

Registration and General Information:

BABCP Member fee: £75 Non-Member fee: £95

Tea and coffee will be provided. Lunch is not included but can be purchased locally. Please note; NCVO do not allow packed lunches etc to be consumed on site.

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

Closing date for registrations is Friday 18th October 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>