

## ISLE OF MAN BRANCH

# **An Introduction to the Underpinnings of CBT**

Presented by Helen Macdonald

Thursday 21<sup>st</sup> November 2019

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

**Venue:** Keyll Darree Health and Social Care Higher Education Centre, Strang, Isle of Man, IM4 4RH

### **About the Workshop**

What is CBT?

According to the British Association for Behavioural and Cognitive Psychotherapies' website ([www.babcp.com](http://www.babcp.com)), Cognitive and Behavioural Therapies are ...*"a range of talking therapies based on the theory that thoughts, feelings, what we do and how our body feels are all connected. If we change one of these, we can alter the others"*.

CBT is known for using evidence-based approaches and is now used with people across the lifespan for a range of mental health conditions; as well as to assist people in managing long term health conditions. The research on CBT has been reviewed by the National Institute for Health and Clinical Excellence (NICE), which gives evidence-based guidance for the NHS on the most effective ways to treat disease and ill health.

While some people working in mental health complete a full postgraduate training to become Cognitive and Behavioural Psychotherapists; many other health care professionals use cognitive and behavioural approaches to enhance their work with patients.

This one-day workshop is intended to provide a brief introduction to the theories and evidence-base behind CBT approaches; and an opportunity to practice some specific skills relevant to a variety of clinical settings where participants are based.

Case examples and participants' own experiences can be used to inform discussion small group work.

### **Objectives:**

1. To enhance understanding of the evidence-base for a CBT approach relevant to working with people in a variety of health care settings and contexts.
2. To introduce using a CBT-based; whole person-centred 'five areas' approach, which can be applied as part of a health needs assessment and appropriate onward referral.
3. To consider how specific CBT approaches may be used to enhance specific interventions; for example, identifying and overcoming obstacles to change; identifying interactions between mental health and physical health.
4. To introduce some CBT approaches to managing low mood and anxiety.

## **About the Presenter**

Helen Macdonald is an Accredited Cognitive-Behavioural Psychotherapist, Supervisor and Trainer, with over 25 years' experience of delivering therapy; providing clinical supervision and teaching. She has a background in Mental Health Nursing, and is a Chartered Psychologist in Health, a BABCP Fellow, Senate Award Fellow of the University of Sheffield, a Consultant in EMDR and an Associate Fellow of the British Psychological Society.

Helen has worked in adult mental health since 1983. She provides teaching in CBT at the University of Sheffield, and delivers workshops nationally and internationally, particularly on persistent pain. Helen also offers clinical supervision in both CBT and EMDR, for trainees, in the NHS in primary, secondary and tertiary care settings; and for private practice. She has an independent clinical practice where she specialises in treating adults who have persistent pain, long term health conditions, trauma and expert witness services, as well as working with common mental health problems.

She is co-author of the self help book 'Overcoming Chronic Pain' (Little Books, 2005). Helen is also Course Accreditation Registrar for the British Association for Behavioural and Cognitive Psychotherapies (BABCP). She has been active in the European Association for Behavioural and Cognitive Therapies (EABCT), as BABCP's representative, as Honorary Secretary for six years, and current nominee for the role of Training Co-ordinator.

Helen is the inaugural Chair of the new BABCP Special Interest Group in Long Term Conditions and Medically Unexplained Symptoms.

## **General Event Information**

Fees: BABCP Member: £55      Non-Member: £70

All BABCP events are VAT free.

Refreshments at breaks are included, but not lunch.

A CPD certificate for 7 hours will be issued – 50/50 skills and theory

Venue website - <https://www.gov.im/categories/education-training-and-careers/keyll-darree-health-and-social-care-higher-education-centre/>

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

**Closing date for registrations is midday Friday 15<sup>th</sup> November 2019**