

## LIVERPOOL BRANCH

### **Working with Long Term Conditions: Models, stats, context and application**

Presented by Dr Victoria Carek and Dr Catherine Houseman  
Wednesday 16 October 2019

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

**Venue:** Crosby Lakeside Centre, Cambridge Road, Waterloo, Liverpool, L22 1RR

#### **About the Workshop**

An overview of working psychologically with those who have physical health conditions. An emphasis on biopsychosocial approaches to assessment and formulation. An opportunity to consider our own assumptions and apprehensions in working with physical health presentations, including long term conditions. Considering the application of CBT treatment strategies with this client group, with particular attention to unhelpful but realistic cognitions in the context of health.

#### **Aims and Objectives**

- Delegates should increase their confidence and competence in assessing, formulating and intervening with those with health conditions.
- Delegates should develop a framework for conceptualising the contextual impact of health conditions through experiential exercises and case vignettes.
- Delegates should develop a recognition of their existing transferable skills and areas for future professional development.
- Delegates should increase their knowledge of sources of support and resources relevant to this client group.

#### **About the Presenters**

**Dr Victoria Carek** is a Consultant Clinical Psychologist and accredited BABCP therapist. With over 17 years' experience working in the NHS, Victoria is passionate about the psychological support of health patients. Victoria is currently based in a large inner-city hospital working with outpatients with a wide range of health presentations. Victoria offers supervision groups and training for healthcare professionals. Victoria is also program lead for the North West roll out of the IAPT-LTC top up training. Victoria plans, delivers and evaluates this program based upon the Roth and Pilling framework.

**Dr Catherine Houseman** has worked as a qualified clinical psychologist in adult mental health since 2005 where she began in Bury Primary Care Mental Health Service. Catherine was closely involved with service development when the IAPT model was initially introduced and went on to a seconded position as Clinical Lead for Rochdale IAPT service.

During a “year out” to experience different disciplines in Clinical Psychology Catherine spent 12 months working part time for a CMHT in Oldham and part time with people physical health problems in the Rochdale Service at Birch Hill in 2016. Her interest in working in physical health developed during her work in Rochdale and Catherine now has a clinical tutor position on the 10-day HIT training course for Physical and Persistent Symptoms and MUS at the GMMH Psychological Therapies Training Centre. In addition to this Catherine is nearly one year into setting up a new psychological therapies service as part of the Middleton Integrated Neighbourhood Team. The Integrated Neighbourhood Team is comprised of a variety of healthcare professionals including District Nursing, Physiotherapy, Social Care and Social Prescribing. As well as offering direct treatment to people with long term persistent and distressing health conditions Catherine’s role is to evaluate and report KPIs to the Local Care Organisation.

Catherine has extensive experience of offering supervision to CBT therapists, Clinical Psychologists and Mental Health Nurses

### **General Event Information**

Fees:

BABCP Member: £75

Non-Member: £95

Lunch and refreshments are included.

A CPD certificate for 6 hours will be issued – 4 hours skills and 2 hours theory

Venue website - <https://crosbylakeside.co.uk/>

**Closing date for registrations is midday Thursday 10<sup>th</sup> October.**