

LONDON BRANCH

Integrating CBT and Third Wave Therapies: CBT+

Presented by Dr Fiona Kennedy

Wednesday 1 and Thursday 2 July 2020

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

Venue: BPS Office, 30 Tabernacle Street, London, EC2A 4UE

Introduction:

This workshop on CBT+ introduces a thought-through, integrated approach to therapy using the best of CBT, ACT, DBT and CFT*.

CBT and the 'Third Wave' therapies all offer evidence-based approaches to therapy. But how can we put them together to deliver the best of what works? CBT+ is a therapeutic approach integrating the best of all these therapies. It does this by understanding the psychological processes, which cause us distress and the psychological processes, which help us thrive.

NAVIGATES is an acronym to help the therapist progress through the stages of CBT+ therapy. **N**ame the problem and build **A**wareness of the client's thoughts, feelings, behaviours and body sensations. Clarify **V**alues and **I**nvestigate the function of the problem behaviours. Set small **G**oals to move towards values and away from problem behaviours. Work on self-**A**cceptance, **T**ackle **T**rauma, use **E**xposure to **E**motions and teach new **S**kills.

In Day 1 we look at the four therapies and demonstrate an integrated framework for formulation, based on the psychological processes, which cause us distress. We also look at what new processes we can put in place for our clients, to help them thrive. We introduce NAVIGATES, starting to work through examples and use participants' own cases.

Day 2 continues to explore NAVIGATES and also addresses complex presentations, using case studies and participant examples to illustrate the CBT+ approach. There will be role plays, videos and live demonstrations.

Learn how to:

- Deepen your understanding of how CBT, ACT, DBT and CFT can work together
- Use **NAVIGATES** to guide yourself and your client through therapy
- Clarify values
- Analyse problem behaviour
- Understand when and how to tackle trauma
- Use the self-help book *Get Your Life Back* and downloadable materials from the website to help your clients progress

Widely Recognised Accreditation | High Quality CPD | CBT Register UK

Take away:

- A free chapter from *Get Your Life Back: The Most Effective Therapies For A Better You*
- Tools and techniques to guide you and your client through CBT+

The trainer:

Dr. Fiona Kennedy is a respected and knowledgeable, fun trainer with a knack of making complex concepts accessible without losing their richness. She has many years' experience in managing and delivering services in the NHS, as well as writing and researching.

Dr Kennedy has written the self-help/guided therapy book ***Get Your Life Back: The Most Effective Therapies for a Better You***, shortlisted for the BMA Popular Medical Book Of The Year 2018. She is currently writing a therapist's companion to this as part of the Routledge CBT Distinctive Features series.

Registration and General Information

BABCP Member fee: £170

Non-Member fee: £220

Lunch and refreshments will be provided. A CPD certificate for 12 hours will be issued.

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.bps.org.uk/contact-us>