

## NORTH EAST AND CUMBRIA BRANCH

# Introduction to applying DBT for emotional resilience

Presented by Isabel Clarke

Friday 15 November 2019

**Times:** 9.30am to 4.30pm. Registration from 9.00am.

**Venue:** Royal Station Hotel, Neville Street, Newcastle upon Tyne, NE1 5DH

### About the workshop

When the going gets tough in therapy, emotions often appear to be the problem. They either take over or are avoided. DBT has a wealth of skills and wisdom for managing emotions. However, emotions also have the potential to be the solution. The energy of suppressed anger can be what the person sunk in depression needs; the fury of the angry person could be masking pain that needs to be addressed. Using DBT skills to help the individual to get their emotions to work for them, as well as to stop them working against them, is the way to build true emotional resilience.

This will be an interactive workshop where you will be invited to explore new skills and approaches using your own clinical examples.

It will cover emotional over-expression; emotional avoidance; how to avoid vulnerability to emotions and how to promote emotional resilience.

### About the presenter

**Isabel Clarke** is a consultant clinical psychologist with over 25 years' experience working as a therapist in the NHS with people with complex problems. She is trained in DBT and has practiced it in the past, but now uses DBT skills in the context of the trans-diagnostic, trauma-informed, formulation based approach, Comprehend, Cope and Connect (CCC), which has been applied in acute services and beyond, enabling individuals to be understood at an emotional, felt sense, level and teams to work psychologically. Psychosis and spirituality, and the psychology of spirituality are further areas of specialism.

For more information, see the website: [www.isabelclarke.org](http://www.isabelclarke.org) Most recent publication: Clarke, I. & Nicholls, H. (2018) *Third Wave CBT Integration for Individuals and Teams: Comprehend, Cope and Connect*. Routledge.

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## **Registration and General Information**

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

Lunch and refreshments are included. A CPD certificate for 6 hours will be issued.

**Closing date for registration is midday Friday 08/11/19**

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

The booking form can be found on the website here - <https://www.babcp.com/Training/Events.aspx>

For venue enquiries please see website - <https://www.thecairncollection.co.uk/hotels/royal-station-hotel/>