

SOUTHERN BRANCH

Comprehend, Cope and Connect

Presented by Isabel Clarke

Tuesday 8 and Wednesday 9 October 2019

Times: Registration from 9.00am; event 9.30am to 4.30pm on both days

Venue: Holiday Inn Southampton, Herbert Walker Avenue, Southampton, Hampshire, SO15 1HJ

About the event

CCC integrates third wave CBT approaches by starting from the inside, with how the person feels. It is:

- Formulation based and trans-diagnostic (including psychosis)
- Recognizes the impact of trauma on current functioning and addresses this
- Emphasizes strengths, talents and values
- Leads to clear behavioural goals of therapy
- Takes experience and emotions seriously, prioritizing skills for management and sound expression of emotion.
- Change work can be delivered separately from the formulation, making it particularly suitable for introducing psychological conceptualisation and working throughout a team.
- It lends itself to both individual therapy (e.g. private practice) and post formulation, group delivery.

The workshop will:

- Introduce the rationale, the formulation and allow for practice of the formulation
- Cover ways of enhancing motivation to work on change.
- Cover the relevant change methods, which start with targeted use of mindfulness
- Provide a thorough introduction to CCC, including its scientific basis in Interacting Cognitive Subsystems.

For more information, see www.isabelclarke.org and 'A third Wave Integration for Individuals and Teams', Clarke & Nicholls, Routledge 2018.

Widely Recognised Accreditation | High Quality CPD | CBT Register UK

Registration and General Information

BABCP Member fee: £180

Non-Member fee: £200

Student Member fee: £160

Student Non-Member fee: £180

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

Closing date for registrations is Friday 27th September 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://hisouthamptonhotel.co.uk/>