

## SOUTH EAST BRANCH

# **CBT for Social Anxiety - An Evening Workshop**

Presented by Dr Robert Medcalf

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

**Times:** 6.30pm to 9.00pm (Registration from 6.00pm)

**Venue:** St Julians Club, Rumshott Estate Ltd., St Julians, Sevenoaks, Kent, TN15 0RX

### **About the workshop**

Dr Robert Medcalf is a Clinical Psychologist with South London and Maudsley NHS Foundation Trust. He works at the Anxiety Disorders Residential Unit (ADRU) at the Bethlem Royal Hospital. ADRU is a national specialist residential service for treatment-refractory anxiety disorders.

Together we will explore Social Anxiety, from assessment and diagnostic criteria to the key considerations and recommended techniques for successful psychological interventions. This workshop aims to assist delegates in increasing their confidence in generating shared CBT formulations with their clients which are specific to Social Anxiety, forming a solid base from which to effectively engage with treatment and maintain positive progress.

### **Event Information**

Price includes tea, coffee, soft drinks and a cheese board with grapes, celery and biscuits.

A CPD certificate will be provided for 2 hours CPD.

Registration closes – Midday **Friday 15th November 2019**

Please see the website for venue information - <http://www.stjulians.co.uk/>

### **Fees**

BABCP Member - £25

Non-Member - £30