

WEST BRANCH

Advanced CBT skills for treating BDD and OCD workshop

Presented by Dr Anna Smith and Lisa Williams

Thursday 2 and Friday 3 April 2020

Times: 9.30am - 5.00pm on Thursday, 9.30am – 4.00pm Friday

Venue: Bristol Zoo, The Clifton Pavilion, College Road, Bristol, BS8 3HH

Day1

Anna and Lisa are passionate about providing good treatment for BDD, and have interest in teaching mental health professionals, both those working in clinical services and those on training courses. They believe strongly that clients should be given access to good CBT for BDD. However, many therapists do not feel confident in working with this condition and they both hope that this workshop will help therapists to feel confident that they can work with clients who present with appearance related concerns.

Day 2

Obsessive Compulsive Disorder can have a devastating impact on people's lives. Unlike many other anxiety disorders, OCD can manifest itself in different ways. This workshop will provide a theoretical underpinning of OCD and a practical guide to working OCD in its many guises. The workshop is designed to help delegates build skills and confidence in developing collaborative CBT formulations with their clients and use these to guide therapy creatively and effectively.

Participants

Useful reading before the workshop is 'Overcoming body images problems including Body Dysmorphic Disorder' by David Veale, Rob Wilson & Alex Clarke. Also, the BDD foundation website.

Learning Outcomes

By the end of the workshop, participants will be able to:

- 1) Have a better understanding of BDD
- 2) Increase confidence with formulation and treatment

The presenters

Dr Anna Smith is a chartered clinical psychologist and CBT therapist, and principal clinical psychologist in the Anxiety Disorders Residential Unit. She obtained a doctorate in clinical psychology at the IOPPN in 2008 before doing specialist training in CBT following year. During this time, she worked in Southwark IAPT and the Centre for Anxiety Disorders and Trauma at the Maudsley Hospital before taking up the therapist position in ADRU. She became the manager and principal psychologist in 2014. She also has further specialist training in compassion focused therapy and has spoken at several international conferences.

Lisa Williams is a Senior Psychological Therapist and Deputy Manager of the Anxiety Disorders Residential Unit (South London and Maudsley NHS Trust) a specialist service for treatment-refractory OCD, BDD, PTSD and other anxiety disorders. Lisa is an accredited Cognitive Behavioural Therapist and Compassion-Focused Therapist. She is an honorary lecturer at Canterbury Christchurch University (PG DIP CBT) and enjoys running workshops both in the UK and internationally. Lisa is a contributing author to the newly published book '*The Therapeutic Relationship in Cognitive Behavioural Therapy*' by Dr Stirling Moorey.

General Event Information

Event Fees

BABCP Member - £140

Non-Member - £180

Price includes two course buffet lunch, refreshments and entrance to the zoo on the days of the workshop.

A CPD certificate will be provided for 14 hours CPD, 50/50 skills and theory split.

Registration closes – Friday 20 March 2020.

Please see the website for venue information - <https://www.bristolzoo.org.uk/visitor-information>

For any workshop queries please email workshops@babcp.com or phone 0330 320 0851.