

# **BABCP**

British Association of Behavioural and Cognitive Psychotherapies

## **Medics in CBT**

Special Interest Group

Present their

### **4<sup>th</sup> Annual Conference in Leeds**

**On Friday 15<sup>th</sup> March 2019**

9.30-5pm

### **At Devonshire Hall,**

University of Leeds, Cumberland Rd LS6 2EQ

### **Leeds**

**Lunch and refreshments are included**

**Cost:** BABCP Members £60, Non-members £80, BABCP Member Students and Trainees £40,  
Non-member students and trainees £60

### **To Register visit**

<https://www.babcp.com/Training/Events.aspx>

Scroll down until you find our event listed and open the Registration Form

***The event is to showcase, promote, inspire and consolidate the use of CBT within medicine, share practice, meet fellow practitioners in CBT, and is for all.***

## **Guest Speakers**

**Dr Stirling Moorey:** *The Therapeutic Relationship in CBT*

**Dr Paul Blenkiron:** *Use of Metaphors in CBT*

**Dr Beena Rajkumar:** *Imagery in CBT*

## **About the Speakers:**

Dr **Stirling Moorey** is a Consultant Psychiatrist in CBT at the South London and Maudsley NHS Trust. He has been training psychiatrists and other professionals in CBT for 30 years and co-founded the Institute of Psychiatry CBT Course. He has recently edited with Anna Lavender “The Therapeutic Relationship in CBT” published by SAGE

Dr **Paul Blenkiron** is a Consultant Psychiatrist in York. His special interest lies in the teaching, research and practise of CBT, and he has authored numerous books and publications on this including the book “Stories and Analogies in CBT”

Dr **Beena Rajkumar** is a Consultant Psychiatrist who works in a High Dependence Inpatient Rehab Ward for women who have Complex Trauma. She also works as a Consultant Medical Psychotherapist using CBT. She has a special interest in using 3<sup>rd</sup> wave approaches such as mindfulness, compassionate mindedness and acceptance based approaches