

BABCP COUPLES SPECIAL INTEREST GROUP (SIG)

Couple-based interventions for treating anxiety disorders

Presented by Professor Don Baucom

Date: Monday 18th March 2019

Times: 9.30am to 5.00pm (Registration from 9.00am)

Venue: The Space Centre, 94, Judd Street, Kings Cross, London, WC1H 9NT

About the workshop:

Cognitive-behavioural couple therapy (CBCT) is a highly efficacious approach for assisting couples experiencing relationship distress. In many instances, assisting these couples is complicated by one or both partners also experiencing individual psychological difficulties, for example anxiety disorders. In addition, couple-based interventions often are effective for treating individual disorders, even when the couple is satisfied with their relationship. This workshop will focus on working with couples under these various circumstances.

Aims:

- 1 Understand the interplay between relationship discord and individual psychological disorders
- 2 Understand couple-based approaches to treating individual psychopathology
- 3 Gain familiarity with couple-based approaches for anxiety disorders
- 4 Be able to design interventions for couples in which one partner presents with an anxiety disorder

About the presenter

Donald H. Baucom is Richard Simpson Distinguished Professor of Psychology at the University of North Carolina at Chapel Hill. Since he received his doctorate in clinical psychology in 1976, he has been actively involved in developing and evaluating couple-based interventions from a cognitive behavioural perspective. This work has included focusing on interventions for relationally distressed couples, employing couple-based interventions for couples in which one partner has a psychological or medical problem, treating infidelity, enhancing the relationships of happy couples, and preparing couples for marriage. He has conducted more couple therapy intervention trials than any other active researcher.

In recent years, Professor Baucom has developed and evaluated couple-based treatments for obsessive-compulsive disorder, depression, and eating disorders. In addition to his research in the area of couples, he and Norman Epstein have published a widely used textbook on cognitive-behavioural couple therapy. He has also been an active clinician in private practice with couples for 39 years. He has won several teaching awards, and he holds an Endowed Chair at the University of North Carolina for his research contributions to the field. He has also received awards for his excellence in clinical supervision and mentoring doctoral students. He gives frequent workshops to professionals in the United States and other countries around the world.

Registration Information:

BABCP Member: £100 Non-Member: £125

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

Once your completed registration form and payment have been received you will be emailed confirmation of your booking. If you choose the invoicing option, your place will only be booked and confirmed on receipt of payment.

Closing date for registrations is Friday 8 March 2019

Venue Information:

Please see website - <http://www.thespacecentre.com/contact.html>