

## GROUP CBT SPECIAL INTEREST GROUP

### **Group CBT: A one-day interactive workshop**

Presented by Dr Mike Scott

Friday 22<sup>nd</sup> February 2019

**Times:** 9.30am to 4.00pm (Registration from 9.00am)

**Venue:** 54 St. James Street, Liverpool, L1 0AB

#### **About the workshop**

In this one-day workshop, key questions about the appropriateness and viability of group CBT are raised and discussed. There is also the opportunity to see a group session modelled and to practice as a leader/co-leader.

Discussion questions covered will include, (but would be participants can add others)

Groups are a rarity compared to individual therapy, despite the fact that barely more than the tip of the iceberg of clients are likely to be offered therapy in the foreseeable future, why is this? Is changing attitudes to the running of groups likely to be sufficient to ensure wider dissemination of group therapy?

Do you believe you have got the skills necessary for running a group? What are they and how do you know if you have got them? How can you get the skills?

Do you believe running a group would make a worthwhile difference? What outcomes constitute a real-world difference? How would I know if marketing is outstripping evidence?

What group treatment works for whom? What about transdiagnostic groups? How transdiagnostic can you go? What is the minimum dose of group CBT? What happens if you don't ensure full recovery?

What are the organisational obstacles and plusses?'

An unscripted live demonstration of a depression group will be presented and discussed. There will also be the opportunity to practice as a leader/co-leader of a group.

#### **About the presenter**

Dr Michael J Scott is a Consultant Psychologist and author of 12 books including 'Simply Effective Group Cognitive Behaviour Therapy' (2011) London: Routledge and most recently 'Towards a Mental Health System That Works' (2017) London: Routledge. He is also the Editor of a 4 Volume work 'Traumatic Stress' published in 2015 by London: Sage.

Dr Scott's interest in group CBT began with running Group Parent Training programmes and 'shyness' groups and he became lead author of a randomised controlled trial comparing the effectiveness of individual and group CBT for depression.

Apart from group CBT, his other major interests are post-traumatic stress disorder and Supervision.

## **Registration and General Information**

BABCP Member fee: £50

Non-Member fee: £60

Students: £50 – evidence of student status to be provided with application

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

**Closing date for registrations is Friday 15<sup>th</sup> March 2019**

## **Venue Information**

Please see website - <http://www.thewomensorganisation.org.uk/54stjamesstreet/location-and-accessibility>