

NORTH WEST WALES BRANCH
CBT for Social Anxiety
Presented by Professor David M Clark
Friday 5th October 2018

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

Venue: Neuadd Reichel, Bangor University, Ffriddoedd Road, Bangor, Gwynedd, LL57 2TR

Abstract

Social anxiety disorder is common and remarkably persistent in the absence of treatment. It frequently leads to occupational and educational underachievement. Interpersonal relationships are impaired. Dissatisfaction with the way that life is progressing often triggers depressive episodes.

Clark and Wells (1995) proposed a cognitive model that aims to explain why social anxiety disorder is so persistent. A distinctive form of cognitive therapy that targets the maintenance processes classified in the model was developed. Randomised controlled trials in the UK, Germany and Sweden have demonstrated that the new treatment is highly effective. Comparisons with other active treatments have established that cognitive therapy is superior to: two forms of group CBT, exposure therapy, interpersonal psychotherapy, psychodynamic psychotherapy, SSRIs, medication-focussed treatment as usual, and placebo medication. Such a comprehensive demonstration of differential effectiveness is extremely rare in psychotherapy.

This workshop presents the Clark & Wells model and illustrates the key treatment procedures that have been developed from the model. These include: the self-focused attention and safety behaviours experiential exercise, video-feedback, externally-focused attention training, behavioural experiments, and procedures (discrimination training and memory re-scripting) for addressing early experiences that influence patients' current behaviour in social situations. The treatment procedures are illustrated with case material and videos clips from therapy sessions. Guidance on the use of the most appropriate measures for identifying therapy targets and monitoring progress is also provided.

Finally, the workshop explains why some procedures that are common in other CBT programs (e.g. thought-records, positive self-talk in a phobic situation, exposure hierarchies) are NOT used in Clark & Wells' cognitive therapy program.

You will learn

1. To identifying key processes in maintaining social anxiety disorder
2. The main procedures in cognitive therapy for social anxiety disorder
3. How to track change in the maintenance processes during therapy

Registration Information:

Special offer for Public / NHS and Third Sector staff working in Mental Health in Wales – First 30 x bookings only £50

The BABCP North West Wales Branch are hoping that this workshop will appeal to clinicians working in the field of mental health provision within Wales, where training opportunities in CBT are limited. In order to qualify for this special rate, applicants will be required to produce evidence in the form of the application being sent from an eligible organisation email address

Please note - This offer is limited to the first 30 x bookings and these places are expected to sell out very quickly. After the 30 special offer places have been booked the general fees as below will apply.

General Fees

BABCP Member: £90 Non Member: £100 Students: £80**

*** Evidence of student status to be provided on application*

Lunch and refreshments will be provided. A CPD certificate for 7 hours will be issued.

Closing date for registrations is Friday 28th September 2018