

WEST MIDLANDS BRANCH  
**Projects of Passion - Sharing creative practices in CBT**  
Tuesday 27<sup>th</sup> March 2018

**Times:** 4.15pm to 7.00pm (Registration from 4.00pm)

**Venue:** The Michael Tippett Room, Staff House, University of Birmingham, Edgbaston, Birmingham, B15 2TT

Dear Member,

There is one thing that often frustrates me when speaking to CBT therapists. They tell me about a fantastic project they've worked on and hardly anyone knows about it.

This isn't anyone's fault. But it is a shame no one gets to hear about the ways you've helped your clients and your community. And that is why I am writing to you.

I want to tell you about a new opportunity to share what you've done. It's a chance to inspire other therapists. It's a chance to promote your work and celebrate what you and your colleagues have accomplished.

**Here is my invitation**

Starting in 2018, the West Midlands BABCP Branch will be showcasing several different projects from across the West Midlands. We're calling it *Projects of Passion*.

*Projects of Passion* can be about anything you've done at work that you feel passionate about. And, of course, has some relation with CBT. Here are a few ideas:

- An intervention you've designed or implemented that helped your clients
- An event or service you developed to help your local community
- A group you ran within or across services
- A system you adapted or created to help your organisation work more effectively
- A peer-support group for you and the other members of your team

These are some ideas to get you thinking. You can probably think of others. Either way, we would like to hear about them.

**How it will work**

Put together an outline of what you want to talk about including:

1. Title of the project
2. Why you are passionate about it
3. The successes and the mistakes
4. What you've learned or how you've benefited
5. Advice you can give other therapists

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Write a presentation. You can be flexible. It can have slides or no slides. You can have a purely lecture style or a mix with exercises. It helps to make some time for relevant questions from the audience, which you can take as you go along or at the end.

Your presentation should last for up to 20 minutes. No longer please. There will also be 5-10 mins at the end for questions (5-10 mins in addition to your 20 mins). And, please provide contact details to the audience.

The event will follow the usual 3 hours duration on one evening in the Spring of 2018. There will be five projects showcased with a 30 minutes break for drinks and chat.

### **Submissions**

Please send an outline of your submission to [west-midlands@babcp.com](mailto:west-midlands@babcp.com)

**We do not require your full presentation.** We just need to get an understanding of what the project is about. So, project title and a paragraph of what it did will be sufficient.

### **Don't hesitate**

You may be hesitating now. You might be wondering "will anyone be interested in this?" or "I get nervous and I don't think I can stand up in front of people." Truth is that you are bound to have these thoughts. But, please don't put it off.

This is a great opportunity for you and the regional community of members. We've run some great CPD Events in the last few years and I'm anticipating that this will be too. By sharing your project of passion, it's a chance to get praise from other people. It's a chance to build your confidence and refine your presentation skills as well.

Please, please do have a think and send us your submission. If you don't have a project to tell us about, then do you know anyone who does? Would they be willing and could you help them? I really look forward to hearing from you.

**The closing date for submissions is Monday December 18<sup>th</sup> 2017.**

Best wishes,

**Jim Lucas**

***Volunteer Chair WM Branch BABCP***

### **Registration Information**

BABCP Members - £7          Non Members - £10

Price includes tea and coffee. A CPD certificate for 2.5 hours will be provided.

Closing date for registration is 16<sup>th</sup> March 2018.

Once your booking form and payment have been received and processed you will be emailed confirmation of you booking along with receipt of payment

There will be no admittance without a pre-booked place.