

BABCP CONTINUING PROFESSIONAL DEVELOPMENT SPEAKERS LIST

| Name | Address | Tel No | Email | Interests / Topics | Workshop Duration | Distance |
|--|--|---|--|---|--|--|
| Prof David Richards | School of Psychology, University of Exeter, Rm 118, Washington Singer Building, Perry Road, Exeter EX 4 4QG | Office: 01392724615 Mobile: 07930 393456 | d.arichards@exeter.ac.uk | Behavioural activation, Self-help, Stepped care, Enhanced care for depression, Collaborative care for depression, Low intensity interventions | As required | Anywhere |
| Henck van Bilzen | 11 Youngs Mews, Port Hill, Hertford, SG14 1QY | work: 01763-255700 home: 01992-503288 | henckvb@msn.com | Motivational interviewing, Personality disorders | 1 day (basic introduction); 3 days competency training | Anywhere |
| Dr David Veale Consultant Psychiatrist | Cognitive Behaviour Therapy Centre for Anxiety Disorders and Trauma, South London and Maudsley Trust 99 Denmark Hill London SE5 8AF The Priory Hospital North London The Bourne, Southgate London, N10 3NA | 020 7919 2101 020 8882 8191 (Secretary Rowena Kendall) | david@veale.co.uk | Body dysmorphic disorder Obsessive compulsive disorder (and NICE Guidelines thereof) and/or workshops on CBT for BDD or OCD (1/2 day). Behavioural Activation for Depression | As required | Negotiable |
| Dr Chris Williams | Glasgow | 0141 2113912 | chris.williams@clinmed.gla.ac.uk | CBT self-help (general) Reclaiming lives (overcoming physical health problems - includes chronic pain and fatigue) Overcoming depression (CBT self-help) Overcoming anxiety (CBT self-help) Overcoming eating problems (CBT self-help for bulimia and anorexia) Living life to the full: delivering CBT self-help within clinical services | Usually half or preferably full day ; some (e.g. reclaiming lives) can be done with colleagues such as OT/physio etc | Anywhere but flights usually essential outside of Scotland. Due to commitments, usually need at least 4-6 months in advance |

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| | | | | (focus on service delivery and redesign) | | |
| Helen Macdonald MSc RMN CPsychol | PO Box 3462 Sheffield S7 1SB | 07952 882906 | rude.health@btopenworld.com | CBT for Chronic pain Using CBT in vocational rehab | One day Half day or evening | Anywhere |
| Dr Benjamin Smith Clinical Research Fellow/Research Clinical Psychologist | Department of Psychiatry and Behavioural Sciences Holborn Union Building UCL and Royal Free Medical School Highgate Hill London N19 5LW | 020 7288 3024 020 7228 3558 0780 305 3189 | ben.smith@ucl.ac.uk | CBT for psychosis; Family Intervention in psychosis | Half-day or full day | Approx 200 miles |
| Dr Lucy Serpell Clinical / research psychologist | London | 020 7886 1658 07973 897558. | lucy@serpell.com | Eating Disorders (both children and adults)with a special interest in motivation and cognitive approaches, particularly in anorexia nervosa. | As required | Anywhere |
| Steve Flatt | The Psychological Therapies Unit 66 Rodney Street Liverpool L1 9AF | 07970 610377 | SteveFlatt@aol.com | The role of evolution and physical brain processes in CBT The limitations of CBT The role of antidepressant medication in CBT and the differential roles of A/Ds | As required | |
| Allie Phipps. | Lincolnshire Partnership NHS Trust Beech Farm House Jolls Lane, Greetham Horncastle, Lincs, LN9 6NT | 01507 588211 | alliehipps@tiscali.co.uk | Introducing CBT, Panic and Depression | part/full days and occasional evenings | East Midlands, including Nottingham, Lincoln and Leicestershire. |
| Bryan Dalgleish- Warburton Psychological Therapist | Psychological Therapies Team TelSecure Services Guild Lodge | 01772 64 7138 | Bryan.Dalgleish@lancashirecare.nhs.uk | equality / diversity / culture and health / therapy | | |

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| Dr Bill Selwood | Dept Clinical Psychology University of Liverpool Liverpool L69 3GB UK | 0151 794 5530 | sellwood@liverpool.ac.uk | Family intervention in schizophrenia CBT for negative symptoms Understanding and managing medication compliance in severe mental illness Implementation of services for carers of patients suffering from schizophrenia Early signs monitoring and relapse prevention (Schizophrenia and bipolar disorder) | | |
| Neil J. Kitchiner Chair of the British & Irish Chapter of the European Society of Traumatic Stress Studies. , | Dept of Liaison Psychiatry & Traumatic Stress Service, Monmouth House, University Hospital of Wales, Heath Park, Cardiff CF14 4XW. | 029 2074 2143 07780 687311 | neilkitchiner@yahoo.co.uk | Group TFCBT supervision for PTSD, Brief Eclectic Psychotherapy (CBT) for PTSD, Stress Control (Stresspac), CT for PTSD. | Half or whole day | |
| Dr Andrew Keen Chartered Health Psychologist | Child & Family Mental Health Service Royal Aberdeen Children's Hospital Aberdeen AB25 2ZG | 01224 552234 | Andrew.Keen@arh.grampian.scot.nhs.uk | Psychological issues around illness (rather than health).mostly with children and families, but also with adults who have lung disease and diabetes. | | |
| Val Walters and David Oakley Co-Directors | Hypnosis Unit Department of Psychology University College London Gower Street | 020 7679 1016 020 7679 1017 020 7679 1018 | v.walters@ucl.ac.uk / v.walters@btinternet.com www.ucl.ac.uk/hypnosis | The use of hypnosis as a tool for understanding and treating a very wide range of clinical problems and will respond to | Introductory workshops on the use of hypnosis as well as longer | |

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| | London WC1E 6BT | | | specific interests in this field as required. | workshops | |
| Helen Chapman Registered Specialist in Paediatric Dentistry | 8 Millais Court Manor Fields Horsham W Sussex RH13 6SJ | 01403 257154 | helen.chapman@tesco.net | Dental phobia/ fear | 1 hour+ | Anywhere - I'm often available at short notice to stand in for cancellations |
| | | | | | | |
| Kirstine Postma Chartered Clinical & Health Psychologist | North East England | | kirstine.postma@gmail.com | A few of us teach CBT for physical health courses to both mental health and non mental health professionals. | Courses of between 1 and 5 days long (the longer one split over 2 weeks) | Anywhere in the country |
| Iain Martyn Brooks Joint MD of Occupational Mental Health Ltd, | 85 Woodthorpe Drive Woodthorpe Nottingham NG5 4GY | 0115 952 0862 0115 952 4713 07946 377573 | iain@OccupationalMentalHealth.com www.omhltd.com | Occupational Mental Health issues/health education Special interest in anxiety/panic disorders and occupational stress working with employees who have MH problems within the CBT remit, as opposed to NHS patients Setting up in private practice | As required ?half day | Anywhere |
| Dr.George Fieldman | 22 Lilian Road Barnes LondonSW13 9JG | 020 8748 1923 07976 137070 | gf@george-fieldman.co.uk | Evolutionary psychology and CBT | 2 hours | 60 miles |
| Prof Karina Lovell | School of Nursing University of Manchester Oxford Road MANCHESTER M13 9PL | 0161 275 6267 | Karina.lovell@man.ac.uk | PTSD, Anxiety Depression OCD, Phobias Guided self help/ telephone therapy | Evening, half /full day | Anywhere |
| Helen Nightingale | Oakhill Chapel OldCastletown Rd Isle of Man | 01624 662689 | | CPD- what to do and meeting your needs Setting up a private practice Court reports and working with the legal profession | 1-4 hours All day | Anywhere |

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| Prof.Graham Turpin | Dept.of Psychology, University of Sheffield Western Bank SheffieldS10 2TN | 01114 2226632 | g.turpin@shef.ac.uk | Single case methods Accountable practitioners | Half to 2 days | Depends on commitments |
| Ken Lewis | 7,BrownHeath Rd Waverton Chester CH3 7PP | 01244 336744 | ken-janis-lewis@btconnect.com | Stress Inoculation training (Meichenbaum) Stress, depression and the world of work | 1 – 3 hours | 80 miles |
| Don Alderton <u>Pharmacist</u> | 70 Tarvin Road Littleton Chester CH3 7DF | 01244 335417 | Dma@new-world.co.uk | Psychoactive medication-prescribed and 'street' or 'club' drugs | As required | Negotiable |
| Dr Mary Welford | Dept of Clinical Psychology Prestwich Hospital Bury Old Rd Prestwich Manchester | 0161 772 3602 | Mary.welford@nhs.net | Anxiety disorders Introduction to CBT/ CT | As required | Anywhere |
| Peter Armstrong | Newcastle Cognitive and Behavioural Therapy Centre Plummer Court Newcastle on Tyne NE43 7DL | 0191 2196288/9 | p.r.armstrong@ncl.ac.uk | Supervision Depression Interpersonal processes Training Core skills | As required | Negotiable |
| Tim Hull | PO Box 10488 Birmingham B39 2WU Or Marston House South Staffs healthcare NHS Trust Corporation St Stafford ST16 3AG | 07971 073769 | hiigo@bigfoot.com | Psychosis and CBT Applications in forensic settings Neuropsychology Training diverse staff groups | As required | Negotiable-preferably near Birmingham |
| Prof David J. de L . Horne | School of Psychology University of Birmingham Edgbaston Birmingham B15 2TT | 0121 471 1032 0121 627 5758 0796 0899246 | davidjdlhorne@aol.com | CBT in cancer care Road trauma, PTSD and CBT Assessment for court reports for PTSD | Evening, half or full day | Anywhere |
| Sandy McAfee Consultant Clinical Psychologist | Psychology Department St. John's Hospital at Howden Howden Road West Livingston Scotland EH54 6PP | 01506 523615 | sandy.mcafee@wlt.scot.nhs.uk | CBT as applied to work with adults or specifically with older people, PTSD, Depression, OCD, Personality disorder | Any | Negotiable |

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| | | | | Schema focused therapy Any aspect of neuropsychology | | |
| Dr Lance McCracken, | Pain Management Unit Royal National Hospital for Rheumatic Diseases Bath BA1 1RL | 01225 473403 | Lance.McCracken@RNHRD-tr.swest.nhs.uk | Psychological approaches to pain management Interdisciplinary treatment of chronic pain Mindfulness and acceptance-based treatment for pain Acceptance and commitment therapy. | Half or full day | Anywhere |
| Dr Warren Mansell Lecturer in Psychology | School of Psychological Sciences Coupland I University of Manchester Oxford Road Manchester M13 9PL | 0161 275 8589 | warren.mansell@manchester.ac.uk Website: http://www.psych-sci.manchester.ac.uk/staff/131406 | CBT for bipolar disorder to a range of audiences Transdiagnostic approaches to CBT, although the audience should note that this is more of a research & theory based workshop, although there are a range of clinical elements. | Half day to two days | Anywhere |
| Paul Whitby | Community Mental Health Team Bewley House Marshfield Road Chippenham Wilts SN15 1JW | 01249 707971 | paul.whitby@awp.nhs.uk | Sexuality and later life (including middle age) Psycho-social approaches to challenging behaviour in dementia Psycho-social approaches to management of memory problems The problems of quality of care in institutions | As required | Negotiable |
| Dr James Hawkins | 78 Polwarth Terrace, Edinburgh EH11 1NJ | 0131 337 8474 | james.hawkins@blueyonder.co.uk www.goodmedicine.org.uk | Over viewing Treatments for Depression. What can cognitive therapists do when depressed clients are not responding adequately to cognitive methods? An overview of other evidence-based treatments that can be used in addition to | One day | Negotiable |

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| | | | | cognitive therapy. Contact for further details. | | |
| Dr Patricia d'Ardenne Director of Clinical Services | Institute of Psychodrama East London and the City Mental Health NHS Trust William Harvey House 61 Bartholomew Close London EC1A 7BE | 020 7601 7019 | | CBT work with interpreters CBT with torture survivors CBT with PTSD clients/partners | Evening or half day | Greater London Bournemouth/Dorset area |
| Anne Garland | Nottingham Psychotherapy Unit St Ann's House 114 Thorneywood Mount Nottingham NG3 2PZ | 0115 8440517 | Anne.garland@nottshc.nhs.uk | Depression Chronic Depression GAD | 1-2 days | Day- any distance Evening- within 40 mile radius of Leeds or Nottingham |
| Nick Grey | Centre For Anxiety Disorders & Trauma 99 Denmark Hill London, SE5 8AZ | 020 7919 3456 | n.grey@iop.kcl.ac.uk | PTSD, Panic Disorder, Social Phobia, Introduction to CBT for Anxiety | half day - 2 days | nationwide |
| Professor Mark Freeston Director of Research and Training | Newcastle Cognitive and Behavioural Therapies Centre Plummer Court, Carlisle Place Newcastle-upon-Tyne, NE1 6UR | 0191-219-6288, Fax: 0191-219-6282 | Mark.Freeston@nmht.nhs.uk | Training in OCD, GAD, Rumination Training and consultancy in Supervision Single-case research Research methods for the jobbing psychotherapist | As required | Negotiable |
| Dr Fiona Kennedy | 1 Boulders, Quarr Road, Binstead, Isle of Wight, PO33 4EL | 01983 617168 07841 573732 | davenfi2000@yahoo.com | Dialectical Behaviour Therapy Dissociation - from mild to DiD, theory and/or techniques for working with. CBT in Indian NGO context | ½ day, full day | negotiable |
| Dr. S. Iyadurai | The Smithy, South Stoke Road, Woodcote, READING, RG8 0PL | 01491 681904 | | Mindfulness based interventions with children and adolescents | up to 1 hour | 70 mile radius |
| Dr. Polly Waite Clinical Psychologist and senior research fellow | Psychology Dept. University of Reading, Reading RG6 6AL | 0118 378 5533 | p.l.waite@rdg.ac.uk | CBT for young people with OCD. Low Self Esteem | Half or full day | any distance |
| Evan Mayo Wilson | Centre for Evidence Based Intervention, Dept of Social | 01865 280339 Fax | evan.mayo-wilson@socres.ox.ac.uk | Conducting Systematic Reviews of Behavioural | not specified | not specified |

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| | Policy and Social Work, Barnett House, 32 Wellington Square, OXFORD, OX1 2ER | 01865 270324 | | Interventions Self Help For Anxiety | | |
| Joe Curran | Dept of CBT, Michael Carlisle Centre, 75 Osborne Road, Sheffield, S11 9BF | 07766 547349 0116 275 1296 | joseph67@aol.com | Behavioural Activation Acceptance and Commitment Therapy Functional Contextualism CBT Supervision Developing CBT Training | Half Day Full Day 2 Days | Nationwide |
| Dr. Kate Harman Chartered Clinical Psychologist | Co-ordinated Psychological Treatments Service, Munroe Centre, Guy's Hospital, 66 Snowfields, LONDON, SE1 3SS | 020 7378 3210 Fax:- 020 7378 3211 | | Improving Happiness Using Positive Psychology Research in Therapy | half or full day | UK wide |
| also | CMHT (North West), 27-29 Camberwell Road, LONDON, SE5 0EZ | 020 7525 2751 Fax;- 020 7525 2773 | | | | |
| Blake Stobie | 99 Denmark Hill, London, SE5 8AZ | | b.stobie@iop.kcl.ac.uk | OCD | 2 - 7 hours | distance generally not an issue |
| Dave Knight Steve Shaw | 5 Boroughs Partnership NHS Trust Dept of Psychological Therapies Wakefield House Guardian Street Warrington, WA5 1SJ | 01925 666654 | steve.shaw@5boroughpartnership.nhs.uk | Body Dysmorphic Disorder | 1 - 7 Hours | appx 70 miles around Warrington |
| Pam Saunders Ward | The Essex Centre for Stress & Trauma Kelvedon Road Inworth, Colchester CO5 9SH | Tel: 01376 572777 Fax: 01376 572778 | info@essexcst.co.uk www.essexcst.co.uk | PTSD, CBT/REBT/EMDR REBT Counselling | not specified | up to 150 miles radius |
| | | | | | | |
| Dave Hannigan | Hampshire Partnership NHS Trust Waterford House 142 Station Road New Milton BH25 6LP | tel: 01245 622922 fax:01425 622733 | dave.hannigan@hantspt-sw.nhs.uk | Early Interventions following Trauma - Group Psychological Debriefing following Trauma, history, developments, overview of models, research, debate. Training in Critical Incident Stress Management (CISM) model How to develop and run a staff support/debriefing service. | part or full day | Anywhere |

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| | | | | CBT Supervision | | |