

CBT Today

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BRITISH ASSOCIATION FOR BEHAVIOURAL & COGNITIVE PSYCHOTHERAPIES



Improving Access to Psychological Therapies

Update August 2008 by Rod Holland

Since the last report on progress with the IAPT Programme in the May 2008 edition of CBT Today, a number of large steps have been taken, and by the next edition we will see the IAPT initiative becoming a reality with IAPT expansion sites and high and low intensity training programmes up and running across England.

34 Primary Care Trusts (PCTs) were successful in being commissioned by their Strategic Health Authorities, working in collaboration with CSIP (Care Services Improvement Partnership), to receive a share of the £33 million first installment of new money announced for the purpose by Health Secretary Alan Johnson on World Mental Health Day last year (10 October), and will begin to roll-out talking therapies around the country. They will become the first IAPT sites that will begin to deliver evidence based therapies for people with mild to moderate mental health problems, and in particular anxiety and depression.

At the same time 23 training providers have been commissioned by their local SHA's to provide high intensity and/or low intensity training for the first wave of the new 3600 therapists who will be trained as part of the programme. BABCP posted information on the location of both the new IAPT Services and training programmes on its website within a few days of the decisions being made, together with information on the training opportunities that the new programme will bring.

Most of the new services and training programmes will go live in October although a few are scheduled to start later on in the year or early in 2009.

The timetable for recruiting new staff to the IAPT expansion sites, finding accommodation, and working with

education providers to recruit trainees on to both high and low intensity programmes, has been a challenge, and one that has involved many BABCP members. The programme has been helped by the detail that has gone into the curriculum for both the high and low intensity training programmes and the good news that the majority of high intensity courses are being run by education providers who already have a long experience of CBT training.

Therapists graduating from the high intensity courses will be in a position to become accredited CBT therapists at the end of the one-year course. BABCP will be playing a key role in working with IAPT to accredit these courses at a level that will ensure that the training experience will develop the competencies required to work within the IAPT Programme and to become accredited therapists. Training providers will also be working collaboratively to ensure the success of the programme. Many of the new high intensity course providers took the opportunity to meet at the recent BABCP annual conference in Edinburgh to establish links and begin to share their experiences.

By the next edition of CBT Today, I will be able to report on the initial progress of the new services and education providers across England and have some first impressions on how the programme is developing. By that time we will also be clear about the second year of the development of the IAPT initiative, when I expect to see many more PCTs getting ready to bid to start their services in October 2009 or 2010. Remember that by the end of the 3 year funding, there is an expectation from the Department of Health that 50% of PCTs across England will have an IAPT service, with the rest of the country following in subsequent

years - as long as it can be demonstrated that the outcome measures expected from the new IAPT services can be delivered.

It is in order to secure complete coverage across England that BABCP fully supports

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huge success -
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LETTERS

❖❖❖ ❖❖❖ **WELCOME TO THE** ❖❖❖ ❖❖❖
TalkCentre

– nightmare vision or dream come true?

Dear Sir,

I work as a lecturer at the University of Hertfordshire and I am petrified. The thought of speaking to a group of people gives me the shakes. When there are more than two people, I get the jitters.

I have been postponing doing something about it until yesterday when I ran out of a lecture and was so anxious I threw up. Today I decided to go to the new 'Centre for Talking Therapy'.

It is in a nice modern building in the centre of town. At first I thought I was in the wrong building - it looked more like a nice hotel. When I went to the reception desk, I got a very friendly welcome from a man called David.

'I am one of the helpers here. I just need to take a few details and then we will get you started'. There were about 20 helpers, talking to people like me.

David had a laptop to take my details. I expected a long interview, but he just asked for a few details and what I wanted to achieve from the TalkCentre. He asked me to rate how far away I was from my goals on a 10 point scale. This made me really think. After 15 minutes, David pressed a button on his laptop and a small plastic card came out of the laptop.

'This is your credit card for 30 talking therapy tokens (TTT's),' he told me. *'They are valid for 12 months. When you have five tokens left we will have another chat to see if you are happy with what you have achieved. We can then also decide if you need more TTT's.'*

David pointed to a large wall with at least 30 computer screens. People were touching the screens to scroll through information.

'This is our talking therapy information centre (TTIC),' he explained, *'here you can get lots of information about what we offer. All the information can be printed out or you can put it on a memory stick.'*

'Once you have chosen a form of talking therapy, you can go to the timetable menu and check when sessions are, waiting times and the TTT cost.'

'If you have any questions, type it into the screen and send it to one of the helpers. Or you can request a personal information meeting with one of the helpers.'

I was a bit surprised and asked him: *'How do I know which therapy will be best for me?'*

'Good question,' said Dave. *'Some people know what they need after reading the information, others try out a 'taster' session. You meet up with a practitioner and he or she will give you a 30 minute 'taste' of how that therapy would work with your problems.'*

'Or you can have a detailed assessment from one of the specialist assessment teams and use their report to make a decision.'

I decided to have a look at the information wall: you could do a computer programme; a self-help book; there was a range of groups (group CBT, communication skills, problem solving skills, mindfulness, saying no to alcohol, schema therapy, assertiveness); individual CBT; family CBT; couple CBT; interpersonal therapy and psychodynamic psychotherapy. The last two were

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On Board - three new members set out their priorities...



Marie Chellingsworth, Dr Paul Farrand and Stephanie Fitzgerald

THREE new members have been elected unopposed onto the BABCP Board.

Marie Chellingsworth, Dr Paul Farrand and Stephanie Fitzgerald were approved at the Annual General Meeting in Edinburgh.

Marie, a registered mental health nurse, is the low intensity IAPT programme leader for the East Midlands and has been a member of the BABCP since 2001.

She believes the BABCP must be ready to welcome new members from all disciplines as the IAPT programme develops.

Marie says there has been a lack of co-ordination nationally between separate IAPT programmes because of the deadlines involved. She is also keen to ensure that quality standards are maintained.

She said: *"We are hopefully soon going to have a massive influx of new members through IAPT and it is important that we respond properly to their needs."*

"The BABCP has never been a clique-ish organisation and we must avoid that happening in the future. We need to be open and inclusive and continue to welcome people from every level of CBT as well as maintaining the loyalty of our existing members."

"That's why the BABCP needs to stay very heavily involved in the IAPT programme, keep focussed and be flexible enough to change as things develop."

Paul Farrand shares Marie's interest in the development of the IAPT programme, from a slightly different perspective as a Senior Lecturer in Health Psychology at the University of Plymouth.

He too wants the BABCP to recognise,

identify and embrace the Low Intensity IAPT workforce.

"At present, they seem to be largely outside of the organisation, however IAPT is so heavily dependent upon their involvement that it seems of fundamental importance that this workforce becomes recognised and supported within the IAPT in recognition of the important evidence based role they have."

Paul, Chair of the South West Branch, said that one of his priorities for the

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Improving Access to Psychological Therapies

(Continued from page 1)

the IAPT Programme Board in wishing to ensure that the new services are rolled out and delivered using the highest quality service, with fully trained and competent CBT therapists able to deliver effective therapy.

In addition to keeping up to date with IAPT developments via the BABCP website, members should also log into the new IAPT website which can be found on www.iapt.nhs.uk. If you are directly involved in one of the new expansion sites, or have any news and observations about IAPT developments in your area, then do let me know. Send information to Rod Holland on RodHolland@mac.com

Finally, BABCP will continue to further develop its aim of supporting the Improving Access to Psychological Therapies Initiative, not just within the current England focused initiative, but also in working with the other home nations to develop similar programmes that will make CBT and other evidence based therapies available across the UK. BABCP will also remain committed to working towards improving access to those groups that are not currently targeted within the IAPT at the level we would wish, and this will include psychological therapies for people with longer term mental health problems, for children and adolescents, for people with physical health problems and all areas in which it can be demonstrated that psychological therapies, and in particular CBT, will improve the quality of the person's life.

Big names at Savoy Conference

A MAJOR conference to discuss the future of psychological therapies in the NHS is being held in November.

The conference, which is sponsored by the BABCP, will bring together policy makers, clinicians, academics and service users to debate the future of evidence-based practice.

Health Secretary Alan Johnson, Lord Richard Layard, David Clark and BABCP Patrons Sir Richard and Lady Rachel Waller will be amongst the speakers taking part in the two-day conference at Savoy Place, in London.

The conference, organised by the New Savoy Partnership, follows an inaugural Savoy Declaration last year which called for psychological therapies to be free on the NHS within the next six years.

The BABCP was one of 19 signatories to the Declaration.

Several BABCP members have been involved in the conference organisation and will be taking part in a series of planned workshops.

Health Minister Ivan Lewis, Melvyn Bragg, President of MIND and Sandi Toksvig, Vice President of the BACP are due to be amongst the guests at an evening reception.

Jeremy Clarke, Chair of the conference Steering Committee said: *"As NHS psychological therapists we find ourselves on the cusp of a radical transformation of our health service."*

"We have assembled some of the keenest, most thoughtful and well-informed minds in the UK, covering a broad spectrum of expertise and perspective."

Further details are available at <http://www.healthcare-events.co.uk/ct/PTNHSo8/conf>

Welcome to the TalkCentre – nightmare vision or dream come true?

(Continued from page 2)

offered individually and in groups. There was a bit of variation in price - individual therapy was the most expensive (2 TTT's for a session of 50 minutes).

In the end, I decided on group CBT with an emphasis on social skills training. My group starts next week and will cost me just one TTT!

I went to the appointments terminal, slid my PTT card in the slot and pressed my therapy. As I was having a coffee in the lounge, David came over to ask what I thought of it all.

I wondered how therapists were selected and paid? It seemed that only 'helpers' like David were on the payroll of the TalkCentre, all the others were self-employed therapists. He seemed quite relaxed about it. Quality is controlled - all clients complete a brief form at the end of each session. The data generated is put into a computer and clients who are dissatisfied or not making progress are contacted for a 'free' extra review.

Therapists who score consistently low are offered supervision and training. If the problem persists, they leave.

The TalkCentre only includes therapists who are formally accredited by a professional organisation. They must be accredited by an organisation specialising in a therapy recommended by the 'National Institute for Clinical Excellence'.

Some therapists just charge their clients the TTT's while others charge the TTT and a top up fee, paid by the client. Some therapists have a higher charge for popular times or weekends. David told me they were working on a system where client satisfaction results and the symptom reduction results of individual therapists would be included in the information given to potential clients.

David got quite excited when he started to explain the changes that had been made in the last couple of years in providing talking therapy. In the old days

there were many assessment and triage moments before treatment was offered.

Now, you could be starting therapy on the same day you came to the TalkCentre.

This is when I woke up and realised that nothing has yet changed (yet). Many of the planned IAPT centres are in danger of being set up along the good ol' medical model with us firmly in control and the clients in their place (nicely tucked away in 'service user liaison committees).

But perhaps, we will get it right this time and set up an effective Talking Therapy Service?



Yours,
Henck van Bilsen

On Board – three new members set out their priorities...

(Continued from page 3)

future will be to help ensure high quality delivery of CBT and the highest quality standards in CBT training and supervision.

"A further priority is to ensure that the BABCP continues to play a significant role in the future development of CBT in the UK, and that with IAPT the balance does not shift too heavily towards other organisations."

He is particularly keen to ensure the Board "continues with a firm commitment to 'evidence based practice' and avoids at all costs the drift in psychological therapies that sometimes occurs towards 'religion' status, which can lead to non-evidence based practice being preached to an unquestioning 'converted'.

"CBT is only where it is, and now reaping the benefits by its strong adherence to the evidence base - this needs to be maintained."

The third new member of the Board, clinical psychology trainee Stephanie Fitzgerald, believes there is still work for the Board to do in making CBT a household term.

Stephanie, former chair of the award-winning Central Branch, said: **"It's about getting CBT and the BABCP more widely recognised so that many more people know what a valuable and effective therapy CBT is."**

"The IAPT programme will clearly help a huge amount over the next three years, but we also need to ensure that the BABCP and its members are properly positioned to take full advantage as IAPT develops."

"That means we need to be more forward thinking – whether that's using the new web site and its members-only Forum to exchange information, resources and advice or in being more accountable and responsive to the needs of individual members and what they want."

"It's important that our members get proper and satisfactory answers to their questions and the right kind of support - rather than getting lost in red tape."

She added: **"If there is one single priority for the Board it is ensuring that BABCP members are satisfied customers."**

New web site launched for IAPT



A NEW web site has been launched for the Improving Access to Psychological Therapies programme.

The site which is at <http://www.nhs.uk/iapt> was launched at the BABCP's annual conference in Edinburgh in July.

The web site contains all the latest development in the IAPT programme, including details of the IAPT 'Launch' event for Service and Course Directors in London on October 29th, guidance for teams implementing new services and the latest job opportunities.

Award for CBT team in West Midlands

A TEAM from North Staffordshire has won a top NHS award for using CBT to help the early detection of dementia.

Judges from West Midlands NHS praised the team, led by BABCP member Gwyn Higginson, for introducing “an innovative model of care to help the early diagnosis of an increasingly common and distressing condition such as dementia.”

They were presented with their award at the Health and Social Care awards by Dr Phil Hammond, GP and comedian.

North Staffs set up a vascular wellbeing clinic in primary care mental health services for the early detection of vascular cognitive impairment using a new cognitive behavioural therapy model, which identifies the phenomenon of 'vascular anxiety' (Higginson and Sharrock 2007) as an emotional alertor of difficulties.

The combination of the cognitive behaviour therapy model within the vascular setting brings mental health and

vascular risks together to identify true triggers for emotional distress and the provision of appropriate support, treatment interventions and risk management.

The award entry said: We are a 'brain at risk' population, with vascular risk factors such as blood pressure, cholesterol and diabetes. The alertor checklist works with GPs and practice nurses to provide a shame-sensitive assessment of emotional distress resulting in appropriate diagnosis and supportive interventions. Dementia is predicted to rise as life expectancy increases, with significant social, emotional and economic consequences. Early and accurate detection and assessment leads to more appropriate use of primary and secondary health services, reducing both emotional distress and financial costs.

Vascular dementia is preventable. Early detection, tailored intervention and risk-factor management decreases its impact and leads to improved outcomes for the



client along with reduced pressure on services caused by repeat GP appointments, reassurance seeking, frustration and relationship breakdown.

The service provides an early diagnosis of vascular dementia and an opportunity to implement management and treatments. Managing vascular risk in mid-life could lead to improvements in mental health and, ultimately, prevent vascular dementia. This combined primary care vascular risk management and mental health service provides a more sensitive, comprehensive and effective service for what is probably a vastly under-diagnosed client group.”



Company Secretary's report Rather large shoes to fill... (...I take size 3!)

On taking over the Company Secretary role from Howard I am very aware of the huge responsibility - he is a hard act to follow, and thankfully will be available in the wings for the next 12 months as he continues as Finance Manager, being on hand to provide advice as needed. I will do my best to keep members informed of developments, and will always be willing to take on board feedback as we provide increased services. I am grateful for the support of a dedicated Admin Team who continue to adapt to the demands of a changing environment. We have been here in Bury for 18 months, and will shortly take a lease of additional office space to accommodate the growing staff complement.

The AGM was held in July during the Edinburgh Conference. The full annual report from the Trustees can be seen on the BABCP website and documents a very busy year of activities for the financial year ended 30th April 2008.

Membership

You will have received with this magazine a letter outlining the changes to the membership subscriptions from 1st October, and the new payment option by monthly instalments. Please do take time to respond as requested to this formal notice, particularly if paying by direct debit.

At the time of going to press the membership stands at 6755 and interest in BABCP is growing. On-line application for membership is now available via the BABCP website, and you will read elsewhere in the magazine about the facility for updating your address/email details on line.

Supervisor and Trainer Accreditation

There is continued interest in this service and members will be pleased to learn that the committee have taken on board constructive feedback. The forms have been updated to hopefully make the

process of application clearer. The new forms and guidance notes are available for download from the website under Membership Services, and we are now also able to offer a search facility for Accredited Supervisors and Trainers.

Practitioner Accreditation

There is some confusion about the process of Practitioner Accreditation which we have tried to address by reformatting the forms and guidance notes. Members are asked to note that ONLY if you have attended a Level 2 Accredited Course can you leave out certain sections of the form. The list of Level 2 Accredited courses is given on the Website under Training and Events. If you are in any doubt about this do please telephone the office [0161 797 4484]. Incomplete forms will be returned to the applicant - resulting in delays.

Jennifer Riggs



Howard Lomas

LETTER FROM THE OUTER HEBRIDES

This is my first "Letter From The Outer Hebrides" following from my last offering of "From the Executive Officer's Desk" having ceased to be the Executive Officer and Company Secretary from the AGM in Edinburgh in July 2008. I continue my role as 'Finance Manager' part time until July 2009 from when I will be fully retired as a paid employee of BABCP but I still expect to be involved in a voluntary capacity like so many members who put so much work into the Association for free.

Having enjoyed writing the quarterly reports, particularly since I moved to the Isle of Harris in February 2004, I thought I would continue for a little while particularly if I have financial information to impart to members as on this occasion. News from South Harris at this time of the year is usually my report from the annual agricultural show. A little disappointing this year when we had expected to see the return of "Daisy Drop" but it was not to be. "Daisy Drop" is the lottery highlight of the show whereby tickets are bought which give the buyer a designated square metre of the 225 squares marked on the fenced off area of the showground. When all squares are sold, "Daisy" the highland cow is led into the area and whichever square she deposits most excrement on first is the winner!

Fascinating throughout the afternoon's many attractions is the judging of the sheep and cattle. This is a highly serious and competitive matter. You will know that the Island of Harris is the home of Clan MacLeod. While watching the 'Cross Ewe any Breed (Milk)' class being judged, I overheard one local person say something which reminded me of the famous Rolling Stones song when he shouted "Hey MacLeod, get off my ewe!"



Enough of my ramblings and on to the BABCP financial matters to which I should refer:

Subscriptions 2008/09

At the AGM each year, the membership is required to vote on recommended subscription levels. In July this year the new subscriptions payable from 1st October were set. A separate letter to all members has been included with this magazine giving formal notification particularly to all members who pay their subscription by direct debit. In case members have put all the magazine inserts in the bin without reading, I will repeat the essential information again here!

NEW PAYMENT OPTION BY MONTHLY INSTALMENTS

The Trustees have agreed to offer to members who use Direct Debit, payment in monthly instalments. Members may now opt to have their subscriptions Direct Debited via the Bankers Automated Clearing Services Limited (BACS) in monthly stages provided that:

1. a valid Direct Debit Instruction is held by the Association throughout the year;
2. the option is taken for the whole year;
3. written notice (email, fax or letter) of the intention to opt in or out of monthly payments is sent to the office;
4. the monthly payments include an interest charge of 5% (APR 9.15%)

If you wish to pay by monthly direct debit, please write, fax or email subscriptions@babcp.com requesting this and giving your name and address. **If you do not currently pay your subscriptions by Direct Debit then please download a Direct Debit Instruction from the BABCP website and complete it and send to the BABCP office with your request.**

This is formal notification to members

paying by direct debit that their accounts will be debited on or soon after the 17th October 2008 at the appropriate rate below.

Any member currently paying annually by direct debit and wishing to change to monthly payments, cancel their membership or pay by cheque in future should notify the office before the 10th October 2008.

Members paying annually by cheque or overseas members paying by credit card, should send payment as soon as possible (payable to 'BABCP' in £Sterling or credit card form from the website) at the appropriate rates below to avoid us sending the reminder.

Members currently paying by cheque, who wish to take advantage of the reduced rates by direct debit, should contact the office for a Direct Debit Instruction or download one from the website and complete and return it to the office. For new direct debits, these will be debited from members accounts at least 4 weeks following receipt at the office either on or soon after the 15th or at the end of the month. Members paying by Direct Debit must have a Current Account at a U.K. Bank

In U.K. the Inland Revenue has agreed that subscriptions are allowable against income on tax returns. You can claim back the £10.40 (on £52 fee) through your tax return **OR** you can take advantage of the Gift Aid Scheme and gift the tax to the Research Fund. BABCP as a registered charity can reclaim £14.56 (on £52 fee) on your behalf for the Research Fund. It costs you nothing but the Research Fund gains. Contact the office or see the website for details. The form is very quick and easy to complete.

*Tiaraidh an dràsda
(which is Gaelic for Bye for now)*

Howard Lomas
18.8.2008

The following membership subscription rates apply from 1 October 2008 to 30th September 2009

*All overseas mail will be via Air Mail	Annual Payment		Monthly Instalments	
	UK & Ireland	Overseas	UK & Ireland	Overseas*
Paid by Direct Debit	£52.00	£60.00	£4.55	£5.25
Paid by Cash/Cheque	£60.00	£68.00	n/a	n/a
Students/Trainees/ Unwaged by Direct Debit	£23.00	£34.00	£2.00	£3.00
Students/Trainees/ Unwaged by Cheque	£26.00	£36.00	n/a	n/a

tCBT - electronic journal coming soon...

The inaugural issue of tCBT – the Cognitive Behaviour Therapist - offers high-quality, professional development-focused articles that advance the practice of the behavioural and cognitive psychotherapies.

tCBT will be published quarterly, featuring articles on clinical and professional issues, which contribute to the theory, practice and evolution of the cognitive and behavioural therapies which have revolutionized the field of psychological therapy over the last 30 years.

A common strand throughout, is the commitment to empirically underpinned and grounded cognitive behavioural psychotherapy. The scientist practitioner and clinical-science approach has clinical practice and the client voice at its heart.

The scientist-practitioners who have had an enduring influence on current theoretical views in psychological therapies such as Aaron T. Beck, Jack Rachman, David Barlow, Joseph Wolpe, Albert Ellis, Paul M. Salkovskis and David M. Clark amongst others, have all been researcher-clinicians who listened to and sought to understand their clients' unfolding stories and experiences as both a starting point for research ideas, inspiration and as a continuing part of their ongoing research efforts.

The development of clinical practice and the refinement of theory and the synergy between them now indicates what type of interventions should be used within a practice framework that is guided by structure, empirically based strategies and processes that employ active collaboration with the client and problem-solving with homework assignments being a key feature.

The primary aim of tCBT is to publish papers that are professional development focused through the description of new developments; articles that are practice-focused and detail clinical interventions, research reports concerning the practice of cognitive behaviour therapy, detailed case reports, audits that are relevant to practice, and reviews of clinical scales and other assessment methods. The journal will also publish articles that

have education, training or supervision as their focus. It will also include reviews of recently published literature that is directly relevant to practitioners.

A particular feature of the journal is that its electronic nature is designed to ensure timeliness of publication and professional debate whilst also ensuring rigorous standards in the dissemination of high-quality materials with relevance to the practice of the cognitive and behavioural therapies.

An important feature of tCBT is that its online form means that multimedia-based publications will also be considered either as stand-alone professional development materials or as a way of illustrating or enhancing text-based articles. The journal will also respond rapidly to developments in the field with commentaries and electronic discussion on papers published.

The launch of tCBT comes at an important time in large-scale dissemination of cognitive behavioural psychotherapy with the emergent agenda of Improving Access to Psychological Therapy (IAPT).

The editorial team of tCBT are keen to ensure that papers in this journal are relevant to the existing secondary care-based and new rapidly expanded primary-care workforce within cognitive behavioural psychotherapy through the significant educational and professional development focus of this new journal.

The launching of tCBT is an exciting development, and the BABCP and the editorial team are optimistic that the journal will make an important contribution to the development of professional practice in the field of cognitive behavioural psychotherapy for many years to come.



Michael Townend,
Founding Editor,
tCBT

£3million for Scots CBT

HELP for people in Scotland who are suffering from depression or anxiety was announced at the BABCP's Edinburgh conference.

Alex McMahon, head of the Scottish Government's Mental Health Delivery Unit, announced two new pilot projects to provide computerised CBT as part of a £3million programme.

Scotland's Minister for Public Health Shona Robison said: *"This funding will deliver accessible, user friendly cognitive behavioural therapy, and put people more in control of their mental health."*

"The Scottish Government is committed to improving services for those with anxiety and depression, and this funding is a direct expression of that commitment."

The announcement was made during the BABCP's first ever open meeting on the eve of the conference which attracted more than 130 people, including members of the public as well as health professionals and BABCP members.

Mr McMahon was joined on the platform by Prof David Clark, clinical adviser to the government's Improving Access to Psychological Therapies programme in England.

Full details of the Scottish government announcement can be found at: <http://www.scotland.gov.uk/News/Releases/2008/07/15143256>

Is Wales losing out on CBT?

WELSH BABCP members have asked for information about the development of talking therapies such as CBT in Wales.

North West Wales Branch Rep, Julie Evans has written to the Welsh Office asking for any proposals about the expansion of psychological therapies in Wales and their timescale.

She refers to the recent announcement of developments in Scotland as well as the £173million IAPT programme in England.

Julie says: *"This is a very exciting programme with positive implications for clients who need to access evidenced-based mental health care."*

"We are anxious to ensure that the people of Wales do not lag behind and also have access to high quality psychological therapy services."

Spring Conference 2008

BABCP Spring Conference & Workshops

Wednesday 1st April 2009 Workshops
Thursday 2nd April 2009 Conference
University of Westminster, London

The Spring Workshops and one-day themed Conference have become a regular feature of BABCP's national programme and each year attracts over 200 delegates to London.

Next year the theme of the conference and workshops will focus on

Mood Regulation

Self-Regulatory Approaches to CBT

We will be running a programme of 5 or 6 one-day workshops including:

- ***Dialectical Behaviour Therapy: Recent Advances in Emotion Regulation Strategies***
- *Prof. Thomas R. Lynch, University of Exeter*
- ***The role of acceptance in emotion regulation; an ACT perspective***
- *Mark Webster, Chair, BABCP ACT Special Interest Group*
- ***Using compassion focused cognitive therapy to promote self-soothing in shame based difficulties***
- *Debroah Lee, University of Reading*

Further workshops to be confirmed.

BABCP Spring Conference on PROVIDING TRAINING IN CBT

Friday 3rd April 2009
University of Westminster, London

Call for papers

Following the success of the inaugural BABCP conference on CBT supervision last spring, BABCP will hold its first ever conference dedicated to CBT training

The format is likely to be the same as that used last year, i.e. a symposium in the morning and workshops in the afternoon

Please submit abstracts for Symposium presentations and Workshops to jenny@babcp.com

Closing date Friday 31 October 2008.

*The full programme and further details of the conferences and workshops will be emailed to BABCP members and will be available on the BABCP website in December. The programme and application form will be circulated to members with the December edition of **CBT Today**.*

Mark Latham

Ta-ta to Philip, the Honorary Fellow!



The BABCP's highest award - an Honorary Fellowship - has gone to Philip Tata for his work as Chair of the annual conference Scientific Committee.

The award was announced by retiring President David Veale at the AGM of the BABCP in Edinburgh. He paid tribute to Philip's work for the BABCP which he first joined in 1983. He became Poster Session Co-ordinator at the Edinburgh Conference five years later beginning a 20-year involvement in annual conference.

Philip took over as Chair of the Scientific Committee ten years ago.

More than 15,000 people had attended all the conferences and workshops in the last decade, with hundreds of workshops and keynote speakers. The conference programme had also developed further with Spring conference workshops now becoming an annual feature.

Dr Veale added: *"This is the highest honour in the BABCP for Philip - and it is very well deserved."*

During the conference, Philip (pictured) was presented with a souvenir 't' shirt from the Edinburgh Conference 20 years before.

Philip Tata's citation

'Philip Tata joined BABCP (or BABP) in 1983 and for virtually all of that time has been actively involved in the organization and development of the annual conference.

Philip's first contribution was exactly 20 years ago in Edinburgh when Andrew Mathews the chair of the Edinburgh scientific committee persuaded him to take on the task of Poster Session Coordinator at the 1988 world congress. He was so successful in this role that 5 years later Paul Salkovskis, chair of the scientific programme of the 1993 EABCT Conference in London, invited him to coordinate the poster session at that conference.

Four more years passed and once again Philip was called back for duty to become a member of the conference scientific committee chaired by Dave Richards in 1996 to 1997 and included BABCP's memorable 25th Anniversary conference in Canterbury which set a new standard for BABCP's conferences.

For BABCP the most important development of the conference organization was 10 years ago in 1998 when Philip took over the role as Chair of the Scientific committee. Since that time he has made it a success, both in terms of content and the number of delegates who return each year. We had over 1200 delegates at the Edinburgh conference - making it the largest annual conference that BABCP conference has hosted. Philip also organized the very successful 1993 EABCT Annual Congress which was hosted by BABCP.

During Philip's tenure as chair we have seen the conference move across the country from Durham, Bristol, London, Glasgow, Warwick, York, Manchester, Canterbury, Warwick, Brighton and now back to Edinburgh where Philip began his journey.

During Philip's time as chair of the scientific committee the conference has hosted 186 pre-conference workshops, 390 symposia, over 100 keynote speakers, countless open paper, poster, panel debates all of which have gone through Philip's rigorous process of selection that he has developed with this dedicated scientific programme committee over the past 10 years. This involves mopping the brow of the people whose symposia have been rejected and smooching those at the national conferences who we want to invite

Philip has also made a significant scientific contribution himself into research on attentional bias and in his contribution to training including the setting up of the Royal Holloway CBT course which is also one of the spearheading IAPT courses.

If that wasn't enough, then we also have to remember that Philip has also developed the successful London Spring workshop and conference event which has run over the past 5 years and is now a regular BABCP national event attracting well over 200 delegates.

It is this contribution particularly to the 15,000 delegates who we estimate to have attended the conference and workshops over the past 10 years, for which we are honouring Philip Tata with the recognition of Honorary Fellow of BABCP.

This year Philip stands down from the chair of the scientific committee and hands over to Warren Mansell and Roz Shafran. Fortunately for them, and for BABCP Philip will remain a member of the committee and his contribution to BABCP will therefore remain

Thank you Philip'

BABCP Board

Roz and Warren take over BABCP conference

FUTURE BABCP conferences will be jointly run by Roz Shafran and Warren Mansell, co-chairs of the Scientific Committee.

Warren is a Senior Lecturer and Clinical Psychologist at the University of Manchester and has been involved in the Annual conference since 1997. He has been a member of the scientific committee since 2001.

Warren says: *"I have always been struck by the conference's capacity to be inclusive and pioneering, and yet attached to the core principles of CBT. Arguably, CBT has succeeded today through its capacity to draw upon basic science and explore its applicability in real world clinical situations.*

"I plan to continue this approach, and to consider 'science' in its broadest sense, including not only experimental methodologies and controlled trials, but also systematic naturalistic observations, practice-based evidence, theory-based modelling, technology development, and pioneering adaptations of service provision and service user involvement.

"In particular, I hope that our conference will continue to promote communication, collaboration and integration between disciplines, between academic and clinical fields, and between students, practitioners and trainers."



A warm welcome to **Rebecca Kelly (Becki)** who joins us as conference assistant and administrator. A recent psychology graduate of the University of Manchester Becki combines her conference role with volunteering as a cCBT support worker, and is aiming to spend the next few years gaining experience in order to pursue her career in Clinical Psychology.

President's Notes:

Edinburgh, thanks to Philip Tata, involving users and the public - and extending IAPT



The Association's 36th Annual Conference in Edinburgh in July was a triumph! At least that was the consensus view of the many delegates I talked to throughout the conference and associated social events.

The success of huge events like this is dependent on many people, but particular thanks for the typically high quality of the conference programme go to Philip Tata, Scientific Committee Chair and Reena Dhokia, Programme Assistant and other members of the Scientific Committee. Rod Holland, Conference Organiser and members of the Organising Committee once again ensured that delegate's conference experience was as good as ever. Many thanks to them all and to the 1200-plus delegates, speakers and volunteers who contributed to a great conference.

Philip Tata became involved in organising the conference programme at the Behaviour Therapy World Congress held in Edinburgh in 1988. After 20 years in the thick of it Philip has stood down as Scientific Committee Chair and his contribution to the work and life of the Association was recognised in his award of an Honorary Fellowship.

Congratulations to Philip on receiving this richly deserved award. Looking to the future, Warren Mansell and Roz Shafran take over as Co-Chairs of Scientific Committee and we wish them luck for next year's annual conference in Exeter.

The Association held its first ever open meeting 'What is CBT?' on the first day of conference in Edinburgh. This meeting was attended by around 140 people – a mix of general public, service users, professionals, and BABCP members. The focus of the meeting was on the IAPT programme. David Clark outlined the development and implementation of the programme which generated a good deal

of discussion in the meeting. Alex McMahon, Head of the Scottish Government's Mental Health Delivery Unit used the event to announce a £3 million programme to set up CBT pilot projects in Scotland.

The initial feedback indicated that the open meeting was a success and we will consider similar exercises in future as part of the Association's aim to improve and increase public and service user involvement in the work of the organisation. Developing a service user/public involvement strategy will be one of the priorities of the new Board when it meets in September, along with the implementation and extension of IAPT, regulation of psychotherapists, and influencing the Government's post-National Service Framework mental health agenda.

By Professor John Taylor,
President of the BABCP.



'Leadership and vision' of retiring President

TRIBUTE was paid to retiring President David Veale who stepped down after a two-year stint in office at the AGM.

His successor, John Taylor said: *"I would like to thank David sincerely and genuinely for his period as President and for his leadership and vision and the way in which he has progressed the development of the Association."*

In his final report to the AGM, Dr Veale highlighted the BABCP's role in helping develop the IAPT initiative, the introduction of the new web site and e-journal and the 10 per cent annual increase in membership numbers.

He said: *"We can be very proud of all that the Association has done this year. Everybody has pulled together and collaborated in areas in which we wanted to move forward. It has been a fantastic year."*

Young Researchers Awards for Excellence at BABCP Conference

The Open Paper by Amy Kercher Macquarie University, Australia entitled *"Neuroticism, Life Events and Automatic Negative Thoughts in the Development and Maintenance of Adolescent Depression"* was awarded the Young Researcher Award for Excellence for 2008 for Open Papers.

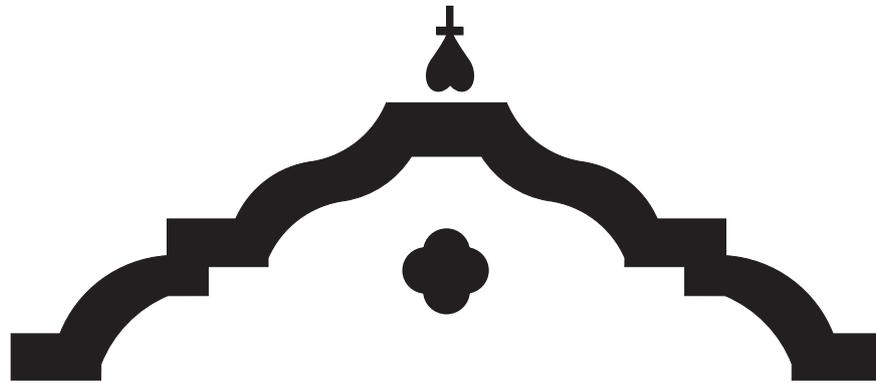
The Poster by Elske Saleminck,

University of Utrecht entitled, *"Cognitive Bias Modification of Interpretations: Effects in Patients with Anxiety Disorders"* was awarded the Young Researcher Award for Excellence for 2008 for Posters

A summary of both of these presentations will be published in the next edition of CBT Today.

Exeter 2009 - 37th Annual Conference and Workshops 2009

University of Exeter 15-18th July 2009



Exeter2009

BRITISH ASSOCIATION FOR BEHAVIOURAL
AND COGNITIVE PSYCHOTHERAPIES

The BABCP Scientific Committee invites you to submit proposals for one-day Pre-conference workshops, halfday In-conference workshops, symposia, panel discussions, open papers and poster session presentations.

Key Themes

- Recurrent Thinking Across Disorders
- The Role of the Therapeutic Relationship in CBT
- Lifespan Perspectives on Mood and Cognition
- Prevention and Intervention Across the Spectrum of Mood Disorders
- Personality Disorder: From Basic Science to Applied Interventions on Emotion Regulation
- Implementation and Evaluation of IAPT Programmes
- Methods for Evaluating CBT Across Contexts
- Innovations and Updates from the South West Region

All contributors will be asked identify the potential implications of their work for the everyday clinical practice of CBT

Closing Dates for Submissions

Pre-conference workshops, In-conference workshops, Symposia and Panel Debates - 12th January 2009

Open Papers and Posters - 6th April 2009

All submissions must be sent electronically using the guidelines available on the BABCP website www.babcp.com

Warren Mansell and Roz Shafran
Co-chairs Scientific Committee

Rod Holland
Conference Organiser



Highland Fling!

36th Annual Conference & Workshops Report (continued)



An informal accreditation meeting!



Enjoying a glass of Champagne (or two!)
at the gala dinner reception.

BABCP's Administration team with
Charlie and Ann Gledhill.



More than 1200 people attended the BABCP's 36th annual conference held in Edinburgh in July – making it the biggest ever. Here we present just some of the events and personalities who were in the Scottish capital. Pictures by BABCP Administration Officer, Anne Gorse.

Pearls of wisdom for the next generation
"Chop! Just like that, with my bare hands!"



BABCP Branch Representatives.



Speakers at the open meeting - Chris Williams, John Taylor, David Veale, Alex McMahan and David Clarke.



President John Taylor presenting the open meeting with David Clarke.



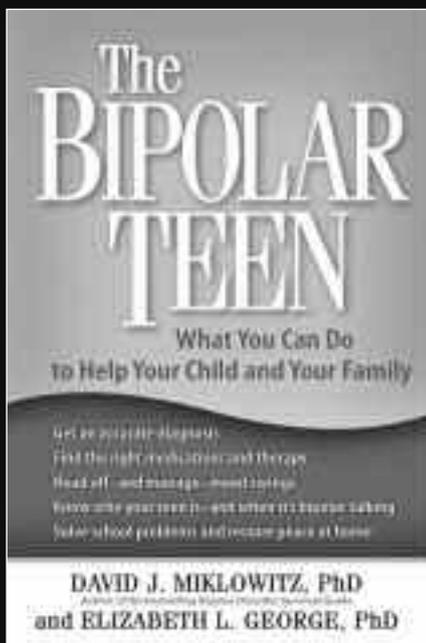
The new BABCP President, John Taylor, taking a few notes.



Helen Macdonald, Paul Salkovskis and Anne Garland share a joke.

Anxious Teens

Books designed to help combat anxiety and depression amongst young people



The Bipolar Teen - What you can do to help your child and your family.

David Miklowitz and Elizabeth George.
Constable & Robinson.
£9.99 (paperback)

This book is for parents who have a teenage child with a bipolar disorder.

It is based on a psychoeducation programme developed by the authors, which aims to give parents an understanding of what bipolar disorder is, what treatments are available, and what both parents and the young person can do to learn to manage mood and deal with stress.

Many CBT strategies are advocated including behavioural activation, cognitive structuring, collaborative problem-solving and mindfulness techniques. These are suggested not just for the young person, but for the parents as well to help manage and reduce stress in the family.

As well as giving an understanding of the condition and treatments available, the book also acknowledges the stresses of family life - especially the challenges of adolescence - and advises on dealing with both the mental health and school systems.

There are plenty of vignettes which help to keep the book 'real' and engaging. Its message is that there are plenty of

reasons to be optimistic and hopeful - despite the difficulties this disorder can bring.

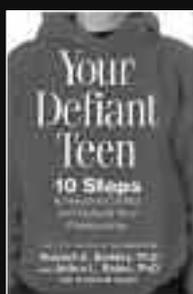
This is a readable, comprehensible book which espouses solid CBT principles and is mindful of family dynamics.

It has useful sections on CBT techniques which parents can understand and use and on the symptoms of BPD and how they manifest themselves in teenagers; medication and managing drugs; alcohol and suicidal behaviour.

It is primarily focussed on the American market but is also relevant to the UK (the resources section is primarily US sources but contains a short UK section). The book would be relevant where a diagnosis of BPD has been made, or is a very serious possibility. In that case I would have no reservation in recommending it to parents. As a clinician, I found it very helpful in laying out treatment strategies and approaches.

Steve Killick, Clinical Psychologist,
Hafod Newydd Tier 4 CAMHS, Glanrhyd Hospital, Tondy Rd, Bridgend, S.Wales. CF31 4LN.

Tel: 01656 753496



Your Defiant Teen

Russell A Barkley & Arthur L Robin
Robinson - £9.99

Following on from Your Defiant Child, this book provides '10 Steps to resolve

conflict and rebuild your relationship' with your defiant teen.

There are similarities with the eight steps used in Your Defiant Child, only these are the 'grown up' version and are more age appropriate.

The book is divided into two parts. Part 1 acts as an assessment tool. There are several measures included, which you can use to assess the level of your teen's 'defiance'.

These measures are quick and simple to use, but slightly obvious. For example; 'my teen is well behaved/ easy to get along with/ listens to me: true/ false' seemed slightly null as presumably if they were you wouldn't have the book! Regardless, the first part helps the parent assess the extent of the problem and gives many 'typical' examples of teenage-parent conflict that are easy to understand and relate to.

The second part of the book takes you through the ten steps, and the book gives a realistic time scale of when and how to implement them.

The steps follow basic behaviour management principles and range from 'Making positive one-to-one time a habit' through to contracts, agreements and punishment.

I felt this book would act as a practical

and reassuring resource for parents who are struggling to cope with conflict caused by a defiant teen.

The steps are clear, logical and have a reasonable time scale.

The focus is on motivating and reassuring parents that the journey is worth the hard work and the rewards will be great no matter how big the struggle.

The firm but reasonable nature of the book was appealing.

It would be very interesting to put the steps into practice- although I hope I never have to!

Stephanie Fitzgerald,
Clinical Psychology Trainee.

Overcoming Teenage Low Mood and Depression.

Dr Nicky Dumnett and Dr Chris Williams.
Hodder Arnold. £19.99.



This new and exciting title in the well known Five Areas Approach to depression brings together the trusted modular format and modifies it for use with children and adolescents.

The authors are well experienced; Dr Nicky Dumnett is a Consultant Child and Adolescent Psychiatrist and accredited CBT Psychotherapist. She has a particular interest in using CBT in busy everyday practice and in making CBT models applicable and useful in this clinical setting, and she leads the year-long Child and Adolescent CBT training course based in Yorkshire.

Dr Chris Williams is an expert and trainer in CBT. His main clinical and research interest is in the area of Cognitive Behaviour Therapy and in particular in looking at ways of disseminating this approach more widely. He is the author of the other well known resources in the Five Areas approach.

The book is split into CBT self-help workbooks addressing the common difficulties faced with low mood and depression in an accessible format suitable for a teenage reader with titles such as 'Why bother changing' and 'Doing things that make me feel good'.

- Understanding why I feel as I do
- Why bother changing?
- Doing things that make me feel good
- Using exercise to boost how I feel
- Helpful things we do
- Unhelpful things we do
- Restarting things we've avoided
- Practical problem solving
- Noticing and changing extreme and unhelpful thinking
- Being assertive
- Building relationships
- Overcoming sleep problems
- Alcohol, drugs and me
- Understanding and using anti-depressant medication

- Planning for the future
- Information for family and friends

The workbooks have a new look and style, with good graphics and lots of interactive exercises. The layout is accessible and holds appeal for its target audience.

The workbook 'Alcohol, drugs and me' is an excellent way of tackling this often difficult area with teenagers. Without lecturing the reader, it gives practical advice and looks at the role of helpful and unhelpful behaviours in terms of mood.

The book would be suitable for a range of professionals, such as nurses, teachers, youth workers, self-help groups, counselors, psychiatrists, psychologists O.T's, and an invaluable resource for any parent.

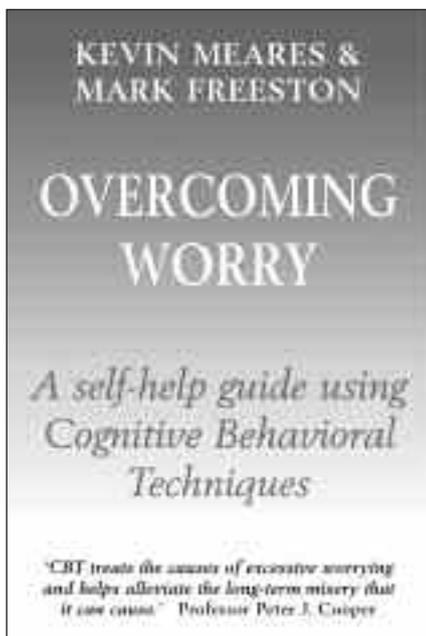
Being under the umbrella of the Five Areas approach gives the book an excellent resource in the associated linked free website www.livinglifetothefull.com and the clinicians support site www.fiveareas.com.

The National Institute for Clinical Excellence is currently completing a review of effective treatments for depression in children and adolescents. The first draft has endorsed the existing evidence base and recommended use of Cognitive Behaviour Therapy (CBT) for depression in young people.

Marie Chellingsworth, Psychological Therapist and SPIRIT training lead. Tel: 0115 8440547



Don't worry - it might never happen!



Overcoming Worry: A self-help guide using Cognitive Behavioural Techniques

by Kevin Meares & Mark Freeston
Constable & Robinson
£9.99

In "Overcoming Worry", the latest in the popular Constable Robinson series, Kevin Meares and Mark Freeston do an excellent job in thoroughly exploring the challenge of managing Generalised Anxiety Disorder.

From a clear explanation of what triggers and maintains worry, to their analysis of the role of intolerance of uncertainty, and beliefs about the benefits of worry, this self-help guide really delivers strategies and ideas for identifying and undermining worry rules.

The use of behavioural experiments to build up tolerance of uncertainty, and a structured approach to the use of healthy problem solving to replace worries are clearly explained.

While initially somewhat overwhelmed by the size of this tome (at over 450 pages, it certainly provides value for money!), Overcoming Worry rewards readers for their perseverance.

The care with which the authors explore each facet of this challenging disorder is to be applauded.

The guide is likely to be of use to clients both in and out of therapy.

Equally, therapists working with this difficult client group will find the book a useful resource.

The chatty style and creative use of examples and analogies succeeds in helping explain the tyranny of excessive worry.

I particularly liked their suggestion that excessive worry appears to offer the promise of a solution to uncertainty – but, like excessive insurance, can't stop bad things from actually happening and therefore never quite delivers.

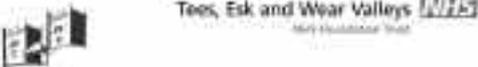
If we spent less money on insurance, we should have more to spend on the things that really matter to us.

Similarly, if we spent less time and energy worrying about potential negative outcomes, then we could spend more time and energy pursuing the things that really matter right now.

Sian Thrasher

**Clinical Psychologist.
Director, CBT Networks Ltd.**

Email: Sian.thrasher@cbtnetworks.com


Tees, Esk and Wear Valleys NHS Foundation Trust

The Logos Centre
County Hospital, Durham
Cognitive Behavioural Therapy & Mental Health
Promotion

**THE LOGOS CENTRE
ANNUAL CBT CONFERENCE**
FRIDAY 7th NOVEMBER 2008
BISHOPS SUITE, RAMSIDE HALL HOTEL, DURHAM
Registration 9.15am - Close 4.30pm

See flyer for full conference programme

Conference Fee
Employees of TEWV NHS Foundation Trust £40
Non TEWV employees £85

Online registration is available at
www.tecwv.nhs.uk/benchmark

Tel: 0191 241 4523
Fax: 0191 245 3902
email: logos@benchmark.co.uk

Registration forms can be downloaded from the BACP website
www.bacp.co.uk. Send, with payment, to: Jo Lloyd, Benchmark Communications Ltd, 30
Logos Training, c/o Benchmark Communications Ltd, 34 Blandford
Square, Newcastle, NE1 4HZ.

ACT Special Interest Branch Winter Workshops 2008

ACT for Anxiety, one day experiential workshop

21st November 2008
in Sheffield with Martin Brock

5th December
in London with Mark Webster

Price: £ 55 per workshop
For details contact- Jo Lloyd,
Events Organiser

j.lloyd@gold.ac.uk

Re-brand for Phobics Society



THE National Phobics Society has changed its identity to become ANXIETY UK.

The UK's leading anxiety disorders charity says it has rebranded to better reflect the range and scope of its work.

"ANXIETY UK does much more than support sufferers of phobias, and our old name was misleading," says Nicky Lidbetter, CEO of ANXIETY UK.

"We offer advice, treatment and therapies to sufferers of all anxiety conditions from panic disorder, to post traumatic stress disorder, to generalised anxiety."

The new ANXIETY UK logo represents a wave, symbolising both the overwhelming feelings which can be suffered by those with anxiety, and also the soothing nature of the support offered by ANXIETY UK.

For more information about the full range of services offered by ANXIETY UK go to www.anxietyuk.org.uk

ADVERTISEMENTS

Consulting Rooms for Hire

The consulting rooms at Red Hill House, Chester providing independent psychotherapists, counsellors, and psychologists with high quality, comfortable, safe accommodation in which to see their clients. We offer message-taking, assessment tools and letter-headed stationery to users, and act as a source for referrals. Rooms available flexibly on hourly, sessional and day rates. Visit our website: www.the-consulting-rooms.co.uk or call Colin or Donna on 01244 677239.

Consulting and Clinical Rooms to Let

Huddersfield, off Junction 24 M62 Rooms have high standards of décor affording confidentiality with waiting area. Access to a wide range of amenities (including board room). Hourly or sessional rates at £10.00 per hour plus VAT. See details on Socrates.org.uk Contact Dr Knowles or Dr McCormick on 01484 514 594

University of Portsmouth - CBT Voluntary Placement

Invitation to qualified therapist wishing to extend clinical practice developing CBT skills within University Counselling Service. Weekly supervision from BABCP-accredited therapist. Min. commitment 1session/week for full academic year.

Contact nicky.mitchell@port.ac.uk, tel. 023 9284 3157.

COGNITIVE BEHAVIOURAL PSYCHOTHERAPIST/CLINICAL PSYCHOLOGIST/ COUNSELLING PSYCHOLOGIST



(Full-Time - 35hpw and Associates)

Rehabilitation and
Retraining Trust

The Police Rehabilitation and Retraining Trust is a Government funded organisation established to provide a range of services to retired and retiring police officers in Northern Ireland.

The Trust's Department of Psychological Therapies wishes to appoint to its specialist clinical team a Cognitive Behavioural Psychotherapist/Clinical Psychologist/Counselling Psychologist.

Salary: Clinical Psychology A Grade (Spine points 32-36) depending on experience and qualifications

- Applicants should possess a recognised qualification in Cognitive Behavioural Therapy (CBT) and/or a Post Graduate qualification in Applied Clinical/Counselling Psychology with the ability to demonstrate skills and expertise in CBT;
- Be accredited by, or eligible for accreditation with the British Association for Behavioural and Cognitive Psychotherapies (BABCP);
- Qualification in and experience of EMDR desirable.

Hours negotiable within reason, subject to the circumstances of the successful applicant.

CLINICAL ASSOCIATES

We would also invite applications from those who fulfil the requirements for the above post, but who wish to work on a sessional basis at either our main Maryfield Complex or elsewhere in Northern Ireland.

RESEARCH ASSISTANT (Part-Time x 1)

Applications are also invited for the post of Research Assistant (part-time)

Salary: £10,000 - £20,000 pro rata (15 hours per week) Dependant on qualifications and experience

- Applicants should be a Psychology or associated Social Sciences Graduate;
- Have experience of statistical analysis;
- Have experience of using SPSS.

Interested candidates should contact Corporate Services Administration for an application pack at: The Police Rehabilitation and Retraining Trust, 100 Belfast Road, Holywood, Co. Down, Northern Ireland BT18 9QY. Telephone: (028) 9042 7788. E-mail: admin@prrt.org

Informal enquiries please contact Head of Psychological Therapies. Completed application forms must be returned by 5pm on Friday, 03 October 2008.

Appointments will be subject to security clearance.

The Police Rehabilitation and Retraining Trust
is an equal opportunities employer.

www.prrt.org

A Special Interest Group for Private Practitioners?



Do you provide counselling or psychotherapy as a private provider? Don't go away!

The world of therapy is changing. IAPT [Improving Access to Psychological Therapies] has

created a long overdue impetus to provide psychological therapy for the most needy within a NHS framework. For all of us who care about the suffering we have tried to address for many years, this is an achievement to celebrate and also celebrate those who have worked so hard to bring it about.

However before this 'promised land' started to take shape there were those who laboured in private practice. We are still practicing and I suspect will continue to do so whether we practice fully without institutional remuneration, or retain the guarantee of a monthly cheque, supplemented by some 'private' work.

With the spectre of regulation just round the

'headland', increasing demands for professional standards and supervision, and a population more intent on litigation, the work of all practitioners is becoming ever more demanding. The self employed or 'private practitioner' can often feel very alone and have difficulty in accessing information and support which those working in an organisation often take for granted. A recent example of such a difficulty has been highlighted in the recent debate in jiscmail regarding solicitors' apparently cavalier demand for therapy or process notes sometimes couched with none too subtle warnings about our responsibilities under the Data Protection Act.

As I explained in the jiscmail debate there is often a misunderstanding about the role the BABCP is able to perform for its members. In fact by virtue of our charitable status the BABCP is specifically dis-allowed from representing member's interests in any direct way. We are a body primarily representing, promoting and protecting the interests of Cognitive Behaviour Therapy. For this reason when the topic of the release of therapy notes was discussed, the Board of BABCP correctly

decided it could not take this matter further. However it was suggested that interested members of BABCP might like to form a special interest group [SIG], to represent, discuss, research etc those particular matters relating to private practice and private practitioners.

The rules for establishing a special interest group are available on the web, however there must be at least 15 members who are interested in forming such a group before an application can be considered by the Board.

It's only going to get tougher to practice. So are there enough members in the first instance who feel sufficiently motivated or vulnerable to set up a SIG specifically interested in the issues of private practice?

I would be willing to act [no pun intended] in the capacity of liaison officer to help such an enterprise get started.

If you are interested in being part of a SIG would you please email me at :-

davidbaker@homecall.co.uk heading your email "SIG"

David Baker.
Honorary Treasurer. BABCP

SIG for CBT, occupational health, condition management and related interests?

EXPRESSIONS of interest are invited in a Special Interest Group for CBT, occupational health, condition management and related interests following the excellent symposium at the Edinburgh conference.

In order to set up a new branch, at least 15 BABCP members need to express their support, after which an inaugural meeting would be arranged.

If you would like this to happen, please contact

helen.macdonald@btconnect.com

Suggestions for a smooth title for the proposed branch will also be welcome!!



The Cognitive Behaviour Therapy Partnership is the leading provider of CBT in Hertfordshire. We have two CBT Internships available (in our Clinic in Hertford) from October 2008 for a minimum period of 12 months for 2 days per week.

Areas in which the interns will be able to gain experience are:

- Individual CBT (adults & children)
- Group CBT
- Mindfulness Training
- CBT-Audit

These are voluntary positions but there may be scope for reimbursement of some expenses and free training.

Interns will be part of a team of experienced cognitive behaviour therapists (of which three are accredited as therapists by the BABCP) and one is accredited as a trainer and supervisor.

These positions are suitable for people studying CBT and for people with a strong interest in CBT after having completed a degree (psychology, social work, nursing etc.).



For more information contact Henck van Bilsen on 0870 067 0289 or henck@cbt-partnerships.org (where you can also send your application and CV).



Battle of the branches - Central takes First Prize!

CENTRAL Branch has been named the first ever winner of the BABCP's Branch of the Year Award.

The award has been introduced by Branch Liaison Chair Nick Wade to motivate and encourage branch and special interest group activity.

All eight members of the Central Branch committee will be presented with an elegant glass paper weight to mark their 'outstanding achievement'.

And at the BABCP's AGM in Edinburgh, new President John Taylor presented outgoing Central Branch Chair Stephanie

Fitzgerald with an impressive inscribed plaque.

The plaque will now be up for grabs each year to the Branch which does the most to promote the BABCP and the development of CBT.

Central have made the promotion of the BABCP one of their core aims during the last two years, increasing awareness and membership.

Each event they organised was given a short introduction about the work of the BABCP, with membership packs and application details in every workshop handout.

Stephanie, who is now a member of the BABCP Board, also encouraged student membership and gave a series of talks at universities.

John Taylor said the Branch had set a positive and active example for other branches to follow.

Nick Wade said: *"Hopefully, in future years the award will encourage some healthy rivalry and be a motivator for branches."*

Oxfordshire and Buckinghamshire Mental Health **NHS**
NHS Foundation Trust

OCTC ONLINE SERVICES

The Oxford Cognitive Therapy Centre (OCTC) is a specialist agency within Oxfordshire and Buckinghamshire Mental Health NHS Foundation Trust. It delivers expert training, supervision, research and clinical care in cognitive behaviour therapy (CBT) both within and outside of the Trust.

OCTC has a reputation as a national and international centre of excellence in this field. Now these unique services are available online.

OCTC Online offers a unique, affordable and flexible solution for CBT training and continuous professional development.

From the comfort of your own home or office, the online facility enables you to access high quality supervision and training presentations provided by world class therapists.

For more information about OCTC Online please visit www.octc.co.uk

Oxford
Cognition
Therapy
Centre

Confusion, contracts and clinical methods...

South East Branch



The BABCP South East Branch was delighted to host a one day workshop on ACT delivered by Mark Webster.

The event took place on the 6th June in the very pleasant surroundings of The Greenwich University Training and Conference Centre in Maidstone and was attended by over 40 delegates.

It had been made clear at the outset by Mark that some of the material may create some confusion but he hoped that by the end of the workshop delegates would have developed a clearer sense of a therapeutic approach that combines behavioural science with a philosophical approach to life and suffering.

Mark outlined the structure of the day which included a brief historical overview of this 3rd wave approach to the treatment of psychological problems and its methodology.

However the central focus was on the importance of the ACT contract and the clinical methods used. The presentation was supplemented by very useful video material demonstrating the negotiation

of the contract between client and therapist and there was an opportunity for delegates to discuss and to provide feedback. The opportunity to work in smaller groups enabled fuller discussion of the difference between goals and ACT's preferred focus on values.

The sharing and demonstration of techniques with delegates is always a welcome bonus for clinicians who were given something to take away and use in their clinical settings. The day ended with a mindfulness exercise and a pledge to return at a later date to offer a more intensive programme if requested.

Feedback from this event has been extremely positive and we hope to be able to take Mark up on his kind offer.

We have two other events lined up this year including our AGM and would like to remind members of them.

■ Professor Stephen Palmer will be presenting a free half day skills based workshop on CBT and Hypnosis on Friday 26th September at Gatland House in Maidstone. There will only be

14 places available for this event and for members wishing to attend it will be on a first come first served basis. Applicants need to be prepared to take part in hypnosis exercises under the direction of Professor Palmer.

■ Our AGM will take place on Friday 26th September directly after the Professor Palmer workshop between 1 - 1.30 p.m. All members are warmly invited. A free hot lunch will be provided from 1.30 - 2 p.m. If you wish to attend please confirm by email to PAMurph55@aol.com as soon as possible so that catering can be informed of numbers expected.

■ David Veale will be presenting a one day conference on Body Dysmorphic Disorder on Thursday 16th October at The Greenwich University Training and Conference Centre in Maidstone. Further details on the website and by contacting PAMurph55@aol.com

All bookings to be made by contacting jim.willis@icckwntmht.nhs.uk

Dates for your diary

Chester, Wirral, and North East Wales Branch

1. 17th October 2008 - Workshop: DBT Approaches with Suicidal Clients will be facilitated by Michaela Swales
2. Evening Event One - A Workshop on Mental Imagery facilitated by John Barber
3. Evening Event Two - An Overview of CBT Approaches with Older Clients presented by Dr Debbie Kennedy

Please refer to BABCP Website Training

and Events section for further Details. Our Spring events will appear in the next newsletter.

We thank the Psychology Department of the University of Chester for supporting our BABCP branch for several years. We hope that withdrawal of the support this year is temporary and we shall soon be working together again. We shall continue to support their endeavour of providing formal CBT courses with our

workshops and seminars to enable practitioners to maintain their Continuing Professional Development. Our best wishes go to the University.

May we also welcome Elaine Adams, Marcia Alldis and Helen Rooney who were voted in as branch Committee Members during our last AGM.

Peter Balgobin

An uplifting day on depression

Eastern Counties Branch



Fortunately for us, Ann Garland has a way of talking about depression that is surprisingly uplifting.

This was especially refreshing as many of us were readily able to identify with the symptoms! Ann's enthusiasm and optimistic outlook when treating depression is positively effervescent.

It was a thoroughly enjoyable day highlighting the prevalence of a potentially fatal 'common problem', of which many forms of depression are so

amenable to psychological treatment.

It was a great reminder of how the depressed mind works, helping us decouple from 'depression's' contaminating nature. In doing so, freeing us up to fully assist our clients on the road to recovery.

We were so enthused, and have invited Ann back for a two-day workshop, on chronic depression.

Nicola Ridgeway
Chairperson Eastern Counties Branch

BABCP North West Branch

2008 Events

Thursday and Friday 9th/10th October
10:00am-4:00pm

Frances Collins

Clinical Health Psychtherapist and Mindfulness Trainer,
Hope Hospital and Chester

An Introduction to Mindfulness - Based Approaches

Thursday 27th November
10:00am-4:00pm

Dr Sam Cartwright-Hatton

Senior Lecturer in Clinical Psychology and MRC Clinician
Scientist Fellow, University of Manchester

AND

Dr Deborah McNally

CAMHS, Royal Manchester Children's Hospital

A Cognitive Behavioural Parenting Intervention for Families of Young Anxious Children

Location: University of Manchester

Suitable for: cognitive behavioural therapists,
nurses, social workers, clinical psychologists,
counsellors, psychiatrists etc.

Further Information:

Web: BABCP.com

Tel: 01254 875277

Details of future events to follow soon

OCTC special events, autumn 2008



Roz Shafran, 1 December 2008

CBT for clinical perfectionism

Learn about the CBT analysis and clinical strategies for people with disorders such as depression, anxiety & eating disorders whose self-evaluation is overly dependent on striving & achievement. This intervention has been shown to be effective in a case series & a small randomized trial



Chris Williams, 2 December 2008

Using CBT self-help, & introducing stepped care to services

Become better equipped to work with the increasing focus on high-capacity, low-intensity services, including training & supervising people in self-help, and some of the pitfalls in implementation of such services

Each workshop will take place at the King's Centre, Oxford and costs £125 incl. lunch.

For more information or booking see the OCTC website or contact us as below

Oxford Cognitive Therapy Centre
Warneford Hospital
Oxford
OX3 7JX

Phone: 01865 223986
Fax: 01865 226331
E-mail: octc@obmh.nhs.uk

Web: www.octc.co.uk



**Psychological Interventions Clinic for outpatients with Psychosis (PICuP) -
Autumn 2008 Workshop
At the Institute of Psychiatry, London**

Monday 17th November 2008	CBT for trauma in psychosis	Dr Nadine Keen, Dr Elaine Hunter & Dr Emmanuelle Peters
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Venue

The workshop will take place in the Seminar Room of the Henry Wellcome Building for Psychology at the Institute of Psychiatry, De Crespigny Park, London. Please go to the "Information about the Institute" section on the Institute of Psychiatry website for maps and directions: www.iop.kcl.ac.uk

Time

Registration will begin at 8.45a.m. The workshop starts at 9.30a.m. and will finish by 5.00p.m.

**Cost &
Payment**

The cost of the workshop is £140.
Cheques should be made payable to "**King's College London (PAH9001)**".

Abstracts

To read an abstract of the workshop and for application forms please log on to the Institute of Psychiatry website: www.iop.kcl.ac.uk/iopweb/events/
If you do not have Internet access and/or require a hard copy of the abstracts or application form please call Dorothy Abrahams on 020 3228 3524 or e-mail picup@slam.nhs.uk

**Booking
a place**

Please send completed booking forms to:
Dorothy Abrahams
PICuP, PO79, Maudsley Psychology Centre, Denmark Hill, London, SE5 8AZ
e-mail: picup@slam.nhs.uk
☎ Fax: 020 3228 5278
☎ Phone: 020 3228 3524



**SCHOOL OF
PSYCHOTHERAPY
& COUNSELLING
PSYCHOLOGY**

School of Psychotherapy
& Counselling Psychology

Regent's College

Inner Circle, Regent's Park
London, NW1 4NS

Course details and application
forms can be downloaded from our
website

www.spc.ac.uk

For a prospectus
call 020 7487 7406 or
email spc@regents.ac.uk

The School is a member of and
registering organisation with
The United Kingdom Council
for Psychotherapy (UKCP)

The School of Psychotherapy and
Counselling Psychology is a centre of
excellence, offering a range of academic
and professional training in the fields of
psychotherapy, counselling and
counselling psychology from introductory
to PhD level.

Courses starting in 2008

**Intensive Advanced Diploma in
Existential Psychotherapy**

This is an exciting new modular course. It
offers participants the option of completing
the Advanced Diploma in Existential
Psychotherapy, by attending 6 modules over
a period of two years. The course offers
trainees the opportunity to familiarize
themselves with some key contributions
made by philosophers that inform and
underpin this way of working.

**Course starts in October 2008
5 day blocks**

For further information and an
application form contact: www.spc.ac.uk,
spc@regents.ac.uk or call 0207 487
7406

**Courses starting in 2009
Diploma in Cognitive-Behavioural
Therapy**

This one-year course provides a thorough
training in cognitive-behavioural psychotherapy
and will significantly contribute to the
requirements for accreditation with the British
Association for Behavioural and Cognitive
Psychotherapies. It is tailored for qualified
practicing counsellors/psychotherapists,
registered or accredited with the BACP, UKCP,
BPS or equivalent.

**Course starts in January 2009
1 day a week attendance (Friday)**

**Course fees: £5,295.00 (includes clinical
supervision).**

**In addition we also offer a series of short
courses including:**

• **The Use of the Phenomenological
Psychological Method.** Professor Amedeo
Giorgi will be introducing the key concepts of
the method throughout the day there will be
discussion and analysis and how the method
applies to a therapeutic situation.

For further information and an application form
contact: www.spc.ac.uk, spc@regents.ac.uk or
call 0207 487 7406



Central and North West London
Foundation NHS Trust

Post Graduate Diploma/ M.Sc in: **Cognitive Behavioural Therapy**

Applications invited for January 2009 intake

Royal Holloway University of London in Collaboration with Central and North West London Mental Health Trust offer a professional training in Cognitive Behavioural Therapy. The aim of this programme is to equip mental health practitioners with practical skills and theoretical knowledge in CBT. Applications for January 2009 are invited from mental health professionals who are able to demonstrate appropriate clinical and academic experience, basic knowledge and skills in CBT, and who are employed in a setting where therapeutic work can be carried out.

Teaching and Curriculum

The course takes place one day per week (Thursdays) for 18 Months. Formal teaching sessions include didactic as well as experiential training in core CBT skills. The curriculum is designed so that basic and core aspects of CBT are covered in the initial modules with more advanced skills and working with more severe and complex clinical presentations being covered as the course progresses. Teaching sessions take place in modern facilities at 20 Eastbourne Terrace, Paddington London.

Supervised Practice

Supervised practice is an integral part of the training. Small group supervision groups are multidisciplinary, occur on Thursdays and are continuous throughout the programme. Students are expected to carry a case load of at least 4 appropriate training cases. Students must have completed a minimum of 8 clinical cases by the end of the course.

Assessment

Required assignments include the preparation of case reports describing clinical work undertaken under supervision as well as theoretical essays. Competence in CBT is assessed via tape recorded therapy sessions rated on recognized competency scales in CBT.

M.Sc Option

The standard qualification gained by students is the Post Graduate Diploma. This route is 18 months in duration. Students with the required academic background and preparedness may also apply to complete a Masters option (currently under development) which will involve the completion of a research dissertation under supervision. This route will involve an additional 6 months of study and training. Validation of the M.Sc option is currently underway and further information about this option will be available at selection interview.

BABCP Accreditation

The Post Graduate Diploma Course is now BABCP Accredited at Level 2.

Fees

Fees for 2009/10 will be £6763 for the full 18 months and includes supervision. An additional fee will be payable for those undertaking the M.Sc option.

Selection Process

Eligible Students will be qualified health professionals such as general practitioners, community psychiatric nurses, occupational therapists, clinical/counselling psychologists, psychiatrists, social workers. Selection is via an application form which can be downloaded from our website at www.nwlcbttraining.net

Selection interviews are held November 2008. Applications close October 10th 2008.

Further Information

Dr Michael Worrell is Course Director
Email: Michael.worrell@nhs.net
Tel: 0207 2668568

Visit the course website at www.nwlcbttraining.net
(application forms and course description may be downloaded from the website)

Workshop Programme

2008/2009



Charlie Waller
INSTITUTE

Evidence-Based Psychological Treatment

Workshop Programme

Workshop Topic	Date	Price
CBT for Social Phobia <i>Dr Freda McManus, Clinical Research Fellow University of Oxford, Department of Psychiatry</i>	Wed 15 th October 2008	£115
Transdiagnostic CBT for Eating Disorders <i>Professor Christopher G. Fairburn, University of Oxford</i>	Wed 26 th & Thu 27 th November 2008	£225
Introduction to Interpersonal Psychotherapy (IPT) <i>Professor Christopher G. Fairburn, University of Oxford</i>	Wed 28 th & Thu 29 th January 2009	£225
Family Interventions in Psychosis <i>Professor Elizabeth Kuipers, Institute of Psychiatry Dr Juliana Onwumere, Institute of Psychiatry</i>	Tue 10 th February 2009	£115
Effective Application of Evidence-Based CBT for Anxiety "Practising what is Preached" <i>Professor Michael Addis, Clark University, USA</i>	Mon 2 nd March 2009	£115
CBT for Bipolar Disorder <i>Professor Steve Jones, Lancaster University</i>	Wed 18 th March 2009	£115
STEPPS: An Evidence-Based Group Treatment for Borderline Personality <i>Professor Nancee Blum, University of Iowa, USA</i>	Mon 27 th & Tue 28 th April 2009	£225
Cognitive Therapy for Complex Cases <i>Professor Steve Hallon, University of Vanderbilt, USA</i>	Tue 5 th & Wed 6 th May 2009	£225
CBT for OCD <i>Dr Maureen Whittal, University of British Columbia, Canada</i>	Tue 23 rd June 2009	£115
CBT for Anxiety in Children <i>Professor Anne Marie Albano, Columbia University, USA</i>	Wed 24 th June 2009	£115

An additional workshop by Dolores Gallagher-Thompson, Larry Thompson and Ken Laidlaw (tbc) is planned for late Spring 2009. The first day will focus on CBT for Older Adults and the second will address Family Caregiving. Details to be finalised. All workshops, unless otherwise indicated, are intended for a mixed ability audience. Prices include lunch but not accommodation.

For more information, please contact cwi@reading.ac.uk or tel (0116) 378 6668 www.reading.ac.uk/charliewaller



Berkshire Healthcare
NHS Foundation Trust

