

CBT4WALES PRESENT
***The Newcastle Model of Supervision
for Supervisors and Supervisees***
Presented by Mark Latham
14 – 16 May 2018



Times: 9.00am to 4.30pm (all days)

Venue: Principality Stadium, Westgate St, Cardiff, CF10 1NS

Cognitive therapy strives to base itself on theoretically and empirically sound models. This three-day workshop will introduce participants to a well-established and theoretically rigorous model to guide the CBT supervisor and supervisee alike. Developed by Peter Armstrong and Professor Mark Freeston from the Newcastle CBT Centre (NCBTC), the 'Newcastle Model' is our most well established CBT supervision framework. The workshop will introduce this particularly elegant and comprehensive model and illustrate how it can be used to enhance your supervisory work.

There will be a full description of the model, using participants' experience of both receipt and delivery of clinical supervision to ground the description. The workshop will address practical applications of the model in formulating and overcoming some of the difficulties that can occur in supervision.

The model addresses four interacting supervision processes:

- Enhancing learning
- Attending to interpersonal issues
- Clarifying contractual agreements
- Attending to the practical context

The workshop will involve experiential exercises and time for reflection as well as didactic presentation.

Relevant reading;

Armstrong, P. V. & Freeston, M.H. (2006). Conceptualising and formulating cognitive therapy supervision. In: N. Tarrier (ed), *Case Formulation in Cognitive Behaviour Therapy: The Treatment of Challenging and Complex Cases*. Hove: Routledge

Trainer: Mark Latham



Mark is currently an independent CBT practitioner. After training as a mental health nurse, he spent more than 20 years as a CBT therapist, supervisor and trainer in the NHS in Leeds and Newcastle, and at the University of York, and has presented at several BABCP annual conferences. He chaired the BABCP Supervisor and Trainer Accreditation Group 2004-2011 and is currently a member of the BABCP CBT Practitioner Accreditation Committee.

Mark is BABCP accredited as a practitioner, supervisor and trainer. He has extensive experience working with complex cases and has a special interest in clinical supervision, training methods and learning processes.

Event and Registration Information

This event is intended as a full three day course and booking cannot be taken for one or two days only.

Fees:

BABCP Member - £195 Non-Member - £225

The price includes lunch and refreshments.

A certificate will be provided for 19 hours CPD – 9.5 hours Skills and 9.5 hours Theory.

Registration close date – **Friday 4 May 2018**

Venue Information

Please see the website - <http://www.principalitystadium.wales/>