

COGNITIVE-BEHAVIOURAL ANALYSIS SYSTEM OF PSYCHOTHERAPY
SPECIAL INTEREST GROUP (CBASP SIG) PRESENT

CPD event: One Day – Two CBASP workshops

The CBASP SIG is offering two training options: one for those who have already experienced CBASP, and another for practitioners who are new to the model

Friday 23rd March 2018

Venue: The Core, County Way, Barnsley, South Yorkshire, S70 2JW

Times: 9:30am to 4:30pm – Registration from 9:00am

About CBASP:

Cognitive Behavioural Analysis System of Psychotherapy (CBASP (McCullough 2000, McCullough 2003, McCullough 2006)) is to date the only psychological therapy specifically developed to meet the challenges presented to therapists when working with the persistently, or, chronically depressed patient (Keller 2000; Swan, MacVicar et al. 2014). CBASP has been part of the MATRIX (Scottish Guide to delivering evidence based Practice) since 2015, and has now been recognised as an evidence based therapy for the treatment of chronic depression in the forthcoming NICE guidelines due to be published on 14th March 2018.

CBASP has been demonstrated in a number of studies to offer benefit to those depressed people most difficult to treat; people who have been depressed for 2 or more years with less than 8 weeks of feeling well in that period. Our experience is that "standard" or "formal" CBT does not seem to impact on the persistently or chronically depressed; hence our interest in and use of CBASP.

Workshop 1: One day refresher and disciplined personal involvement masterclass

This Workshop is designed for practitioners who have already undertaken the three day intensive training in CBASP, and who want to remind themselves of the main components and strategies in CBASP, and / or move forward to accreditation in this therapy modality.

The day will additionally provide recent up-dates in research into this interesting area of psychotherapy, and introduce participants to new developments.

A large part of the day will be spent exploring the Disciplined Personal Involvement component of the therapy, with case examples and role play opportunities.

Workshop 2: CBASP – Innovative Treatment for Persistent Depression: A Primer

This workshop aims to introduce delegates to the CBASP model, its origins and practical application in clinical practice. It will aim to provide insights into the main features of CBASP and show how these may be carried out when treating people presenting with persistent depression, with DVD footage.

This workshop is designed as an introduction or primer, and people interested in the approach are encouraged to attend further training and supervision. Three-day workshops can be provided by arrangement with local health boards / trusts.

The workshop is suitable for CBT practitioners who have found themselves challenged by, and are looking for solutions to the conundrum of patients with persistent or chronic depression. Whilst many practitioners working in primary care settings do not anticipate working with this difficult to treat population, our experience in the clinic shows that chronic depression is commonplace in everyday practice. We would therefore encourage any interested practitioner, regardless of the setting they work in, to find out about this treatment.

The Trainers:

Marianne Liebing-Wilson

Marianne is a Registered Mental Nurse and completed her Diploma in Cognitive-Behavioural Psychotherapy in 1997, after which she has worked as a Nurse therapist for several years in community settings before joining the Multi-disciplinary Adult Psychotherapy Service (MAPS) in Tayside in 2006. She has held the position of Senior Adult Psychotherapist since then and continues to spend half of her working time in clinical practice.

Marianne has been an accredited practitioner with the British Association for Behavioural and Cognitive Psychotherapies (BABCP) since 1998. She works half-time as the deputy course director for the CBP training programme at the University of Dundee. She is a CBASP accredited practitioner, trainer and supervisor and has worked frequently with Professor James P. McCullough, as well as other CBASP trainers delivering training to other therapists in the UK and across Europe .

Massimo Tarsia

Massimo is a clinical psychologist in NHS Lothian. Since 2004 he has worked clinically in General Adult Mental Health Services delivering psychological therapies in secondary care. He is trained in CBT, IPT, BFT and EMDR. Having developed a special interest in the treatment of persistent depression, he trained in CBASP in 2009 and is an accredited trainer and supervisor. He has developed an adaptation of CBASP to a group modality.

Massimo is also an NRS Research Fellow, Department of Clinical Psychology, University of Edinburgh. He is a member of a clinical research group investigating developmental models of depression, the effectiveness and development of interpersonal psychotherapies in the treatment of persistent depressive disorder.

Jonathan Linstead

Jonathan is a registered mental health nurse and an accredited cognitive behavioural psychotherapist. He is also accredited in CBASP and is the current chairperson for the BABCP CBASP special interest group. Jonathan has 8 years' experience delivering therapy within an IAPT service and in 2016 commenced a psychotherapy role within an early intervention in psychosis team. He has a special interest in treating young adults with persistent depression and psychosis. He is an accredited EMDR practitioner.

Erin Graham

Erin has been working in mental health since 2000 and has been a qualified Cognitive Behavioural Psychotherapist since 2010. Erin is an accredited member of the BABCP and is also an accredited CBASP practitioner and supervisor. Since qualifying 8 years ago Erin has worked in secondary mental health services, as a therapist, as part of a Multi-Disciplinary Team with adults who have a range of difficulties including Depression, Personality Disorders and Psychosis. Erin had the opportunity to participate in the training with Jim McCullough during his last visit to the UK in 2010 and since then has developed a special interest in CBASP and people with chronic depression and interpersonal difficulties.

Registration Information:

BABCP Member: £55 Non Member: £65

Lunch and refreshments will be provided. A CPD certificate for 6 hours will be issued.

Closing date for registrations is Friday 16th March 2018