

Control Theory Special Interest Group

The Method of Levels: A transdiagnostic approach to effective and efficient patient-perspective treatment

Presented by Professor Tim Carey

Monday 31st July, Tuesday 1st August and Wednesday 2nd August 2017

Times: 9.30am – 4.30 pm – Registration from 9.00am on all days

Venue: University College London, Room TBC

About the Method of Levels

The Method of Levels (MOL) is a flexible, effective, and efficient transdiagnostic cognitive therapy that is informed by the principles of Perceptual Control Theory (PCT). MOL engages each person's internal resources to promote their own recovery in a way that is likely to be enduring and generative. The starting point for treatment is the subjective experience of the individual and, by assisting the person to expand their awareness and increase the interconnectedness of elements of their internal worlds, they are able to make different sense of their difficulties and forge new and more contented lives. By providing treatment from the individual's perspective, MOL takes a transdiagnostic approach and is well suited to complex cases as well as addressing some of the more difficult problems in therapy such as noncompliance, lack of engagement, and poor motivation.

About Tim Carey

Professor Tim Carey PhD is Director of the Centre for Remote Health in Alice Springs where he also operates a psychology clinic within the Central Australian Mental Health Service. He is a clinical psychologist and Director of the Australian Psychological Society (APS).

Tim is a clinician, teacher, and researcher who has been developing and evaluating MOL in clinical settings in Australia and the UK since the late 1990s. He used MOL for five years in the NHS in Scotland and in Australia he has used MOL in private practice and also in his work in the public mental health service.

He is a highly-regarded international conference and workshop presenter. He has conducted half-day, full-day and three-day MOL workshops in the UK, Canada, and Australia. These workshops are routinely evaluated very positively with participants providing feedback such as *"Fascinating and interesting workshop"*; *"Practicality of skills taught"*; *"Very engaging speaker. Fun and thought provoking."* and *"Balance of theory and practice"*.

Tim has published extensively in this area. Key publications include:

- Carey, T. A. (2008). *Hold that thought! Two steps to effective counseling and psychotherapy with the Method of Levels*. Chapel Hill, NC: newview Publications;
- Carey, T. A., Tai, S. J., & Stiles, W. B. (2013). Effective and efficient: Using patient-led appointment scheduling in routine mental health practice in remote Australia. *Professional Psychology: Research and Practice*, 44, 405-414;
- Mansell, W., Carey, T. A., & Tai, S. J. (2012). *A Transdiagnostic Approach to CBT Using Method of Levels Therapy: Distinctive Features*. London: Routledge.

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About this workshop

This three-day workshop will include PowerPoint presentations, group discussions, and therapeutic demonstrations to help participants understand both the theoretical principles and therapeutic practices of MOL. Ample time will be spent covering both the therapy and the theory so that participants will leave the workshop feeling able to use MOL techniques in their very next session. The workshop will address common effective elements of therapy and time will be spent practicing techniques in the workshop and evaluating the techniques using a reflection tool that will be provided. MOL is an exciting and innovative approach to therapy and through this workshop participants will become aware of the ways they can use MOL to enhance their own therapeutic effectiveness.

By the end of the workshop the participants will have had opportunities to:

- Examine their own implicit models of therapeutic change;
- Learn techniques to promote the participation and engagement of patients;
- Explore the problem solving process of psychological reorganisation and how best to promote it;
- Trouble-shoot ways of addressing and overcoming common problems in therapy such as poor engagement and motivation; and,
- Develop ways of delivering cognitive therapy flexibly and adaptively using transdiagnostic methods to ensure each patient receives the optimum amount of therapy.

Who is this event for?

CBT therapists, clinical psychologists, health professionals using psychosocial interventions, counselling psychologists, and trainees in any of the aforementioned professions. Also some of the delegates for the workshop and many for the conference will include undergraduate, masters and doctorate students utilising control theory, academic staff within the university, and researchers from within the University of Manchester, and the wider (e.g. Lancaster, Sheffield, London). Some international delegates and presenters are expected to attend as there is a large network of control theory researchers, many of whom attended the last Control Theory SIG workshop in 2015.

Day one – The first day is an introductory workshop for people with little or no experience using the MOL. The workshop will cover the basics of both the therapy and the theory with time for demonstrations as well as participants using the techniques themselves. The day will involve small group discussions, workshop leader demonstrations, audio and video clips and experiential learning exercises. Delegates should be willing to talk about their own problems and experiences within small group settings for training purposes.

Days two and three – Days two and three are designed for people who have attended the first day workshop previously and have some experience using the MOL and some knowledge of PCT. These two days will promote an advanced level of practice with the MOL and an indepth understanding of PCT. Participants will have the opportunity for repeated and extended MOL activities and will also explore experientially different and important features of PCT. Topics will include: testing for the controlled variable; supervision and the MOL; focusing on process for enhanced engagement; the mechanics of PCT; understanding the reorganization model of change; helping from a PCT perspective; and the function of advice giving.

Refreshments and a light lunch will be provided. Places are limited to 40, and will be offered on a first-come first-served basis. The deadline for entry is 21 July 2017. **For more details email control-sig@babcp.com**

Registration Fees:

BABCP Members

Day One - £65 Days 2 & 3 - £130 All 3 days - £180

Non Members

Day One - £75 Days 2 & 3 - £140 All 3 days - £200

Once your completed registration form and payment have been received you will be emailed confirmation of your booking. If you choose the invoicing option your place will only be booked and confirmed on receipt of payment.