

Spring Workshops & Conference 2009

Wednesday 1st April 2009 Workshops
Thursday 2nd April 2009 Conference

University of Westminster, Marylebone Road, London

A review of the event will be published here.

Workshop Programme

Wednesday 1st April 2009

Workshops run from 9.30am to 5.00pm

Workshop 1:

Dialectical Behaviour Therapy: Recent Advances in Emotion Regulation Strategies

Tom Lynch, University of Exeter

Dialectical Behavior Therapy (DBT) can be described as an emotion focused behavioural treatment that incorporates both change and acceptance strategies. This workshop will provide participants with the latest thinking and research examining emotion and emotion regulation from a DBT perspective, including new emotion regulation skills for envy and jealousy. In addition, new emotion regulation strategies designed to activate the polyvagal emotional system and increase flexible responding among emotionally constricted and risk averse individuals will be taught. DBT may be an effective intervention for borderline personality disorder and other personality based problems, as well as for Axis I emotional disorders.

Learning objectives:

- Participants will learn about the latest empirical findings regarding emotional responding from a DBT perspective and hypothesized mechanisms of change that are predicted to influence emotional responding including:

mindfulness, irreverence, and validation.

- Participants will learn new Radical Openness skills designed to activate the polyvagal system (e.g., contentment, safety) and increase flexible responding.
- Participants will learn loving-kindness forgiveness interventions and other related positive mood induction methods designed to enhance in-vivo exposure exercises.

Implications for everyday clinical practice: This workshop should prove useful for clinicians who may be working with clients for whom they find standard cognitive restructuring and/or behavioural exposure exercises either difficult to implement and/or less useful.

Professor Thomas R. Lynch is a research clinical psychologist specializing in personality disorders. He has been involved with dialectical behaviour therapy (DBT) teaching, supervision, and research since 1992, is a senior international trainer in DBT, and has been the principal or co-investigator on 4 randomized controlled clinical trials of DBT to date. He currently is conducting a National Institutes of Health (NIH; USA) funded multi-site clinical trial of DBT for BPD with opiate dependence in collaboration with Prof. Marsha Linehan (developer of DBT) and recently completed a NIH funded randomized controlled trial examining the efficacy of DBT for emotionally constricted personality disorders

Key References

Lynch, T. R., Chapman, A. L., Rosenthal, M. Z, Kuo, J. R., & Linehan, M. M. (2006). Mechanisms of change in dialectical behavior therapy: Theoretical and empirical observations. *Journal of Clinical Psychology, 62*, 459-480.

Rosenthal, M. Z., Gratz, K. L., Kosson, D. S., Cheavens, J. S., Lejuez, C. W., & Lynch, T. R. (2008). Borderline personality disorder and emotional responding: A review of the research literature. *Clinical Psychology Review, 28*, 75 - 91.

Linehan, M.M., Bohus, M., Lynch, T. R. (2007) Dialectical Behavior Therapy for Pervasive Emotion Dysregulation:

Theoretical and Practical Underpinnings. In Gross, J. (Ed) *Handbook of Emotion Regulation*. Guilford Press, NY.

Workshop 2:

Using Compassion Focused Cognitive Therapy to Promote Self-soothing in Shame Based Difficulties

Deborah Lee, Head of Berkshire Traumatic Stress Services, and Honorary Senior Lecturer at University College London

Compassion focused therapy (Gilbert, 2005, 2008) is a treatment approach to working with people with high self-criticism and shame. It focuses on working with an emotion-regulation system, related to the ability to be self-soothing. Compassion Focused Therapy focuses on the experience of feeling reassured and supported when changing one's thoughts and behaviours rather than (only) understanding the logic or effectiveness of them. Shame and self criticism are trans-diagnostic issues and present in many clinical conditions, and thus this workshop may benefit clinicians working across a broad range of services.

Learning Objectives:

- To understand the psycho-evolutionary model of threat and self soothing in human beings.
- To understand the nature of shame and self criticism as a response to threat.
- To learn about the some of the treatment principles and approaches to applying a Compassion-focused approach to work with shame and self criticism as a trans-diagnostic issue.

Implications for everyday clinical practice: To enhance the effectiveness of clinical interventions for people who suffer from profound feelings of shame, are highly self-critical, and struggle to self-soothe

Dr Deborah Lee is a Consultant Clinical Psychologist who has specialised in working with traumatised people for 16 years. She works at UCL as an Honorary Senior Lecturer, and is Head of the Berkshire Traumatic Stress Service. She has extensive experience in this field as a clinician and has contributed to the

dissemination of her clinical knowledge through her writing and workshops. Her interests lie in working with complex cases, shame, and developing compassion in cognitive therapy.

Key References

Gilbert, P. (1998). Shame and humiliation in the treatment of complex cases. In N. Tarrow, A. Wells and G. Haddock, *Treating Complex Cases: The Cognitive Behavioural Therapy Approach*. Chichester: John Wiley & Sons.

Gilbert, P (2005). *Compassion: Conceptualisations, Research and Use in Psychotherapy*. London: Brunner-Routledge.

Lee, D.A. (2005). The Perfect Nurturer: Using imagery to develop compassion within the context of cognitive therapy. In Gilbert (Ed.) *Compassion: Conceptualisations, Research and Use in Psychotherapy*. London Brunner-Routledge

Workshop 3:

Affect Regulation Training: A New Transdiagnostic Intervention

Matthias Berking, University of Bern, Switzerland

Recent research demonstrates that deficits in general emotion-regulation skills are an important factor in the development and maintenance of diverse forms of psychopathology. Thus, there is a need for interventions that focus specifically on enhancing these skills. The workshop presents a novel, group-based intervention that has been developed to meet this need: "Affect Regulation Training" (ART, Berking 2007). Based on the growing empirical literature on the control of affect, this trans-diagnostic program teaches clients a set of key skills to assist them in regulating their emotions. The training also focuses on motivating clients to establish a daily training regimen in order to build-up and sustain these skills. ART can be used as a stand alone treatment or an adjunct to other therapies, and in a recent treatment trial it was found to significantly improve outcomes for a mixed inpatient population over and above standard CBT.

Key Learning Objectives: The workshop will provide participants with an overview of the theoretical background of

ART and with the practical skills necessary to conduct the training.

Implications for Everyday Clinical Practice: Participants will be equipped with a state of the art, clinical tool that can effectively be applied to a variety of client groups. After the workshop, participants may choose to offer the ART training in its standardized, group-based format, and/or to cherry-pick specific strategies and use them in individual therapy in order to target key emotion-regulation deficits in their clients.

Prof. Berking has carried out extensive research on emotion regulation in clinical populations at the Universities of Göttingen, Bern and Washington, and has published several influential papers on how we can improve emotion-regulation skills in individuals who are suffering from mental disorders. He has recently developed an innovative training program that can be used as a transdiagnostic intervention for any clients for whom enhancing emotion-regulation skills is considered a relevant target in treatment.

Key References

Berking, M. (2007). *Training of emotional Competences*. Heidelberg: Springer. [An English translation will shortly be available from the author

Berking, M., Wupperman, P., Reichardt, A., Pejic, T., Dippel, A. & Znoj, H, (2008). General emotion-regulation skills as a treatment target in psychotherapy *Behaviour Research and Therapy*. DOI: 10.1016/j.brat.2008.08.005

Workshop 4:

The Role of Acceptance in Emotion Regulation: An ACT Perspective

Mark Webster, Chair, BABCP ACT Special Interest Group

Acceptance and Commitment Therapy (ACT) is part of the third wave of CBT that focuses on Mindfulness and Acceptance processes. It emerges out of Relational Frame Theory which is a post-Skinnerian account of language and cognition that has established a considerable empirical base over the last 25 years. The therapy has been available since 1999 and is concerned with helping clients to lead 'valued' lives without having to

necessarily remove unwanted private events. Using methods that are based on an experiential approach to change ACT is accumulating a wide base of outcome research that ranges across diverse areas such as psychosis, addiction, anxiety, diabetes, chronic pain, workplace stress and PTSD.

Key Learning Objectives:

- Understand the role of emotion in psychological disorders from an ACT perspective.
- Learn about Acceptance and Mindfulness processes.
- Relate the ACT model to the treatment of emotional dysregulation.
- Experience how ACT interventions work with emotion.

Implications for Everyday Clinical Practice: Participants will learn to formulate cases more elegantly from an emotional perspective, and will develop an increased repertoire for working with emotion through acceptance and mindfulness techniques. Participants will also be equipped with new approaches to problems that are treatment resistant. Finally, the training will assist participants in becoming more accepting personally and reducing personal stress as a clinician

Mark Webster is a UKCP registered psychotherapist and Director of Flexible Minds Ltd. Following a first career in computers he qualified in Cognitive Analytic Therapy (CAT) and worked for a specialist Personality Disorder clinic in the NHS until 2006. His involvement in 3rd wave CBT began with Dialectical Behaviour Therapy (DBT) in 1997. DBT led to an early interest in ACT from 1999, which led into training and eventually a business specialising in 3rd wave CBT. He is founder and current Chair of the ACT Special Interest Branch within BABCP.

Key References:

Hayes, S. C., Strosahl, K., & Wilson, K. G. (1999). *Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change*. New York: Guilford Press.

Hayes, S. C. & Strosahl, K. D. (2004). *A Practical Guide to Acceptance and Commitment Therapy*. New York: Plenum Press.

Hayes, S. C. & Smith, S. (2005). *Get out of your mind and into your life: The new Acceptance and Commitment Therapy*. Oakland, CA: New Harbinger.

Workshop 5:

How to Regulate Social Anxiety

Stefan Hofmann, University of Boston, USA

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Workshop 6

Assessment and Treatment of Anger

Raymond W Novaco, University of California, Irvine, USA

Anger dysregulation is commonly observed in various personality, psychosomatic, and conduct disorders, in schizophrenia, in bipolar mood disorders, in organic brain disorders, in impulse control dysfunctions, and in a variety of conditions resulting from trauma. Anger is a common precursor of aggressive behaviour, and it can be unsettling for mental health professionals as a treatment focus. Clients with recurrent anger problems are often not eager to engage in treatment. As treatment should be grounded in assessment of anger control deficits, various psychometric, staff-rated, and interview methods will be presented and case formulation practised. CBT anger treatment will be overviewed, highlighting work with high anger patients, and will address treatment engagement with challenging clients, cognitive restructuring and arousal reduction techniques, the "stress inoculation" provocation hierarchy procedure, and the use of role play to foster behavioural coping skills. Core themes arising in the treatment process and ways of obtaining leverage for change through a "preparatory phase" will be covered, including application to developmentally disabled clients. Achieving therapeutic change by addressing symbolic structures associated with anger and aggression will be presented. Both individual-based and group-based treatment will be illustrated.

Key Learning objectives:

- Familiarity with anger self-report psychometric instruments and their clinical use.
- Familiarity with staff-rated measures of anger and aggression.
- Ability to implement client self-monitoring procedures.
- Use of an imaginal provocation test for anger to assess treatment gains.
- Knowledge of key principles for engaging clients in anger treatment and for clinician safety.
- Proficiency in arousal reduction techniques, including breathing, muscle relaxation, and imagery.
- Cognitive restructuring for anger experiences, with attention to key symbolic structures.
- Proficiency in provocation hierarchy procedures in stress inoculation format.

Potential implications for everyday clinical practice of CBT:

Getting treatment engagement with chronically angry people presents multiple challenges, especially if they are seriously disordered and historically assaultive. Cognitive-behavioural anger treatment has demonstrated efficacy with patients in secure hospitals, patients with developmental disabilities, and a variety of community outpatients, including clients with high levels of work stress, major depressive disorder, intermittent explosive disorder, posttraumatic stress disorder, domestic violence problems, and "road rage".

The workshop will enhance proficiency in anger assessment and case formulation and provide a CBT skill set that can be implemented as a full protocol or in modular form. Participants will be introduced to a new group-based 18-session anger intervention and will be given the opportunity for intensive training in that treatment protocol.

Professor Ray Novaco pioneered the cognitive-behavioural treatment of anger and coined the term "anger management". His work remains at the forefront of anger related interventions and has been applied to diverse clinical problems. Professor Novaco's ongoing research includes treatment studies in Scotland and England with patients in forensic facilities, combat

veterans with severe PTSD, and women and children in domestic violence facilities.

Key References:

Novaco, R. W. (2007). Anger dysregulation. In T. Cavell & K. Malcolm, *Anger, aggression, and interventions for interpersonal violence* (pp. 3-54). Mahwah, NJ: Erlbaum.

Taylor, J. L., & Novaco, R. W. (2005). *Anger treatment for people with development disabilities*. Chichester, Wiley.

Novaco, R. W. (2003). *The Novaco Anger Scale and Provocation Inventory Manual*. Los Angeles: Western Psychological Services.

BABCP Spring Conference

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Mood Regulation

Self-regulatory Approaches to CBT

Keynote Speakers

Professor Mark Williams, University of Oxford

How Does Mindfulness Regulate Emotions?

Dr. Tim Dalgleish, MRC Cognition & Brain Sciences Unit, Cambridge

Mental life in the fast lane: Cognitive efficiency, self-regulation and emotional disorder

Professor Tom Lynch, University of Exeter

Personality Disorder and Emotion Dysregulation: Current Research and Clinical Issues

Symposium Speakers

Tom Webb, University of Sheffield

Using implementation intentions to regulate attention: The case of social anxiety

Catherine Deepprose and Emily Holmes, University of Oxford
Playing with images to regulate emotions: an experimental approach

Warren Mansell, University of Manchester
What Is Self-Regulation Theory and how does it inform CBT?

Barney Dunn, MRC Cognition & Brain Sciences Unit, Cambridge
Using the body to regulate emotions in CBT: Exploring interoceptive awareness in anxiety and depression.

Matthias Berking, University of Bern, Switzerland
General emotion-regulations skills as a treatment target in psychotherapy - theory and empirical evidence

Stephen Kellett, University of Sheffield and Barnsley Primary Care Trust
Treating super-rapid mood variability; identifying mechanisms of change for cyclothymia