

# BABCP EQUALITY AND CULTURE SPECIAL INTEREST GROUP

presents

CPD event 'Why behaviour change is required for inclusion and all of our wellbeing'

Launch of the Special Issue of the Cognitive Behaviour Therapist  
'Cultural Adaptations of CBT'

Saturday 26th January 2019 10.00am - 4.30pm

and

Annual General Meeting 12.30pm – 1.20pm

The Friends Meeting House, 6 Mount St, Manchester M2 5NS

Registration from 9.30am

**Facilitated by Saiqa Naz, Meera Bahu and Romilly Gregory**

Our panel of speakers include thought leaders, service influencers, researchers, and members of service user communities.

All have passion, expertise and influence in how to achieve equality and inclusion in CBT. We hope you will come to learn and contribute to the debate. All welcome.

CPD certificate (5.5 hrs)

Teas/coffees provided

**Registration fees:**

BABCP members £40

Non-members £50

Student £35

Attendance at the AGM only is free of charge

**Go to [www.babcp.com/events](http://www.babcp.com/events) or email [workshops@babcp.com](mailto:workshops@babcp.com) for more information**



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### **Our speakers:**

*Kids of Colour*

*Richard Thwaites* - Editor-in-Chief @theCBTJournal

Skills session on writing for CBT Journals

*Rachel Phillips* - co-founder of the Women and Minority Genders SIG

*Dr Kat Alcock* - Clinical Psychologist, UCL - 'If you wait for perfect conditions you will never get anything done'

*Afsana Faheem* - Researcher, Birmingham University

"Cross-cultural validity of psychological interventions offered by IAPT services to people from BME groups"

*Maqsood Ahmad* - Senior Manager, Mental Health, inclusion and tackling health inequalities, Greater Manchester Health and Social Care Partnership.

"Advancing equality and tackling health inequalities: the role for commissioners?"

*Roger Kline* - 'Why a diverse and inclusive workforce is good for patient care'

*Paul Salkovskis* - "Challenges and Excuses in Organisations"

Ending with a Panel discussion - Paul Salkovskis, Richard Thwaites, Rachel, Phillips Afsana Faheem, Kat Alcock, Maqsood Ahmad, Roger Kline, Andrew Beck

**Signed copies of Andrew Beck's book *Transcultural Cognitive Behavioural Therapy for Anxiety and Depression* will be available to buy**

