

ISLE OF MAN BRANCH

Treating PTSD with CBT

Presented by Tara O'Donoghue and Lisa Williams

Thursday 2nd May 2019

Times: 9.30am to 4.30pm (Registration from 9.00am)

Venue: Keyll Darree Health and Social Care Higher Education Centre, Strang, Isle of Man, IM4 4RH

About the Workshop

The aim of this interactive workshop is for clinicians to consolidate and build new skills whilst increasing their confidence in the treatment of PTSD. They will use the Ehlers and Clark (2000) cognitive model for PTSD to guide this workshop; exploring the nature of trauma memory, understanding appraisals and their meanings and helping clients to develop more helpful coping strategies.

In this workshop we will have the opportunity to consider memory-focused techniques including reliving/exposure, stimulus discrimination and site visits. The workshop is best suited to those who have knowledge of CBT and wish to learn skills to enhance their practice in working alongside trauma.

About the Presenters

Lisa Williams is a Senior Psychological Therapist and Deputy Manager of the Anxiety Disorders Residential Unit (South London and Maudsley NHS Trust) a specialist service for treatment-refractory OCD, BDD, PTSD and other anxiety disorders. Lisa is an accredited Cognitive Behavioural Therapist and Compassion-Focused Therapist. She is an honorary lecturer at Canterbury Christchurch University (PG DIP CBT) and enjoys running workshops both in the UK and internationally.

She is the co-chair to the South East Branch of the BABCP and was a contributing author to the newly published book 'The Therapeutic Relationship in Cognitive Behavioural Therapy' by Dr Stirling Moorey.

Tara O'Donoghue has also been employed at the Anxiety Disorders Residential Unit (South London and Maudsley NHS Trust) as a Senior Psychological Therapist. She is an accredited Cognitive Behavioural Therapist and Compassion-Focused Therapist who has published an article with Dr David Veale, focusing on behavioural change (featured in Behavioural & Cognitive Psychotherapy). She has recently relocated to the Isle of Man where she is chair of the BABCP IOM branch. Before relocating to the IOM, Tara was the Team Leader of The Functional integrated Neurological Disorder Unit at SLAM where she both assisted and promoted service development at the Institute of Psychiatry (IOP) in London. She has also visited Kenya, where she developed a psychological intervention for individuals' suffering from PTSD.

Both Lisa and Tara have presented at numerous UK and international workshops including the BABCP Belfast conference, 2016 and the EABCT in Stockholm on building resilience to shame in Anxiety Disorders and a symposium in new techniques in treating BDD.

General Event Information

Fees:

BABCP Member: £55 Non-Member: £70

All BABCP events are VAT free.

Refreshments at breaks are included, but not lunch.

A CPD certificate for 7 hours will be issued – 50/50 skills and theory

Venue website - <https://www.gov.im/categories/education-training-and-careers/keyll-darree-health-and-social-care-higher-education-centre/>

Closing date for registrations is midday Friday 26th April 2019