

## LONDON BRANCH

### **Comprehend, Cope and Connect (CCC):**

### **Taking experience seriously and so getting to the simple heart of the complex problem**

Presented by Isabel Clarke

Friday 5<sup>th</sup> April 2019

**Times:** 10.00am to 4.30pm (Registration from 9.30am)

**Venue:** BPS Office, 30 Tabernacle Way, London, EC2A 4UE

#### **About the Workshop**

This workshop will introduce the rationale behind this normalizing Third Wave CBT approach, which starts from the individual's felt sense and sees all mental health presentations as attempts to cope with this where it is unbearable.

#### **Comprehend**

Learn to use the simple but powerful formulation that factors in trauma, names strengths and demonstrates clearly the changes needed to break out of deadlock

#### **Cope**

Introduces the new coping needed to affect this, grounded in mindfulness and arousal management and extending to facing, expressing and utilizing emotions positively.

#### **Connect**

Healing the self-self-relationship, self – other relating and managing the interrelationships within the self-completes the tools for change.

A new perspective on psychosis is included in this approach which is not so much trans-diagnostic as dismantling of diagnosis.

The approach has been embedded and evaluated in Acute and CMHT services where it has the potential to inform the work of the team and is currently being researched in an IAPT service for complex cases, and in a Culture Free Adaptation. It is suitable for clinicians working in teams or with individuals.

#### **About the Presenter**

Isabel Clarke is a consultant clinical psychologist with over 25 years' experience working as a therapist in the NHS with people with complex problems. She had developed a trans-diagnostic, trauma-informed, formulation based approach, Comprehend, Cope and Connect (CCC), which has been applied in acute services and beyond, enabling

#### **Widely Recognised Accreditation | High Quality CPD | CBT Register UK**

Registered Office: Imperial House, Hornby Street, Bury, Lancashire BL9 5BN Tel: 0330 320 0851 Twitter: @BABCP Email: babcp@babcp.com

Registered Charity No. 1098704 | A Company Limited by Guarantee No. 4839948 | Registered in England and Wales | VAT Reg. No. 732 5316 53

individuals to be understood at an emotional, felt sense, level and teams to work psychologically. Psychosis and spirituality, and the psychology of spirituality are further areas of specialism.

For more information, see the website: [www.isabelclarke.org](http://www.isabelclarke.org) Most recent publication: Clarke, I. & Nicholls, H. (2018) *Third Wave CBT Integration for Individuals and Teams: Comprehend, Cope and Connect*. Routledge.

### **Registration Information**

BABCP /AREBT Member: £90

Non-Member: £130

All BABCP events are VAT free.

For any event queries please contact BABCP on 0330 320 0851 or [workshops@babcp.com](mailto:workshops@babcp.com)

For venue enquiries please see the website - <https://www.bps.org.uk/contact-us>

**Closing date for registrations is midday Friday 29 March 2019**