

MANCHESTER BRANCH

Cognitive Behavioural Analysis System of Psychotherapy (CBASP) – Innovative Treatment for Persistent Depression. A Primer.

Presented by Erin Graham and Jonathan Linstead

Friday 12 April 2019

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

Venue: The Mechanics Institute, 103 Princess Street, Manchester, M1 6DD

About CBASP:

Cognitive Behavioural Analysis System of Psychotherapy (CBASP) ((McCullough 2000, McCullough 2003, McCullough 2006)) is a psychological therapy specifically developed to meet the challenges presented to therapists when working with the persistently, or, chronically depressed patient (Keller 2000; Swan, MacVicar et al. 2014).

CBASP has been part of the MATRIX (Scottish Guide to delivering evidence-based Practice) since 2015 and has now been recognised as an evidence-based therapy for the treatment of chronic depression in the forthcoming NICE guidelines.

CBASP has been demonstrated in several studies to offer benefit to those depressed people most difficult to treat; people who have been depressed for 2 or more years with less than 8 weeks of feeling well in that period.

Workshop overview:

This workshop aims to introduce delegates to the CBASP model, its origins and practical application in clinical practice.

It will aim to provide insights into the main features of CBASP and show how these may be carried out when treating people presenting with persistent depression.

The workshop is suitable for practitioners who have found themselves challenged by and are looking for solutions to the conundrum of patients with persistent or chronic depression.

The trainers:

Jonathan Linstead

Jonathan is a registered mental health nurse and an accredited cognitive behavioural psychotherapist. He is also accredited in CBASP and is the current chairperson for the BABCP CBASP special interest group. Jonathan has 8 years' experience delivering therapy within an IAPT service and in 2016 commenced a psychotherapy role within an early intervention in psychosis team. He has a special interest in treating young adults with persistent depression and psychosis. He is an accredited EMDR practitioner.

Erin Graham

Erin has been working in mental health since 2000 and has been a qualified Cognitive Behavioural Psychotherapist since 2010. Erin is an accredited member of the BABCP and is also an accredited CBASP practitioner and supervisor. Since qualifying 8 years ago Erin has worked in secondary mental health services, as a therapist, as part of a Multi-Disciplinary Team with adults who have a range of difficulties including Depression, Personality Disorders and Psychosis. Erin had the opportunity to participate in the training with Jim McCullough during his last visit to the UK in 2010 and since then has developed a special interest in CBASP and people with chronic depression and interpersonal difficulties.

Registration and General Information

BABCP Member fee: £80

Non-Member fee: £100

Lunch and refreshments will be provided. A CPD certificate for 6 hours will be issued.

Closing date for registrations is Friday 5th April 2019

Venue Information

Please see website - www.mechanicsinstitute.co.uk