

NORTH EAST AND CUMBRIA BRANCH

CBT for Body Dysmorphic Disorder

Presented by Steve Shaw

Friday 1 February 2019

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

Venue: Royal Station Hotel, Neville St, Newcastle upon Tyne NE1 5DH

<https://www.thecairncollection.co.uk/hotels/royal-station-hotel/>

About the presenter

Steve Shaw's background is in Psychiatric Nursing prior to requalifying as a Cognitive Behavioural Psychotherapist in 2004. Within his nursing role, following his qualification in training and assessing (ENB-E111 in 1994) he became a mentor and trainer for newly qualified nurses and this continued until 2004.

Once qualified as a psychotherapist, his interest in training became even more prominent, and as the eventual CBT Lead for the 5 Boroughs Partnership Mental Health Trust in Warrington, Wigan, St Helens, Knowsley and Runcorn, a large part of his role was the supervision and training of qualified nurses in all areas of mental health including specific CBT courses and he became a BABCP accredited trainer in 2005.

After retiring from the NHS 7 years ago, and, as part of his private practice, he has guest-lectured in various Universities including Salford, Liverpool, Chester and Lancaster, in both IAPT and more 'traditional' CBT degree and Masters courses, on a variety of Mental Health topics, specialising in the promoting of understanding and delivering interventions for Body Dysmorphic Disorder.

From Steve Shaw about the workshop

The course looks first at the history of BDD, its diagnostic categorisation, and assessment format based upon its cognitive and behavioural presentation. We will then focus on a combination of workshop-type strategic interventions including formulation, cognitive restructuring and how to provide robust behavioural experimentation based upon its specific presentation.

I will discuss the potential pros and cons of group treatment based upon my own experience of designing and presenting what I believe to be the first NHS group treatment for this disorder. We will finish on the quantitative and qualitative results of these groups and then questions from the audience.

Registration and general information

BABCP Member: £50

Non Member: £70

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

Closing date for registration is midday Friday 25/01/19