

SOUTH EAST BRANCH

Cognitive Behavioural Chairwork from the Inside Out: A self-practice/self-reflection workshop

Presented by Matthew Pugh and Toby Bell

Wednesday 2nd and Thursday 3rd October 2019

Times: 9.30am - 4.00pm on both days

Venue: St Julians Club, Rumshott Estate Ltd., St Julians, Sevenoaks, Kent, TN15 0RX

About the workshop

Chairwork represents a collection of powerful experiential interventions which utilise chairs and their relative positions for therapeutic purposes. Chairwork has a rich history of applications in CBT and forms a core part of modalities such as Schema Therapy and Compassion-Focused Therapy.

Research over the past 15 years has shown that one of the best ways for therapists to learn and refine their therapy skills is through self-practice and self-reflection (SP/SR). This workshop offers participants the unique opportunity to learn CBT chairwork from the 'inside out': practicing chairwork in pairs and reflecting on the experience in a structured manner. The practice of SP/SR has been shown to develop a three-dimensional experience of therapy: providing greater empathy and insight into client experience; enhancing interpersonal and reflective capabilities; and integrating the conceptual and technical skills in the therapy of focus. This workshop gives participants the chance to practice and experience key CBT chairwork applications in this unique, evidence-based format.

The workshop is focused on self-experiential learning and participants will be asked to focus on their choice of 'therapist' or 'personal' issues. Such issues will be explored via various chair-based interventions, guided by the workshop facilitators, and reflected on individually, in pairs and as a group. Each chairwork intervention will be modelled by the facilitators. Interventions covered in the workshop include: chairwork for self-criticism; 'empty chair' interventions to address unresolved interpersonal issues; and evaluating negative automatic thoughts via chairs.

The workshop will include live demonstrations, practical exercises, structured written reflections and group discussions.

In this workshop participants will:

- Have experiences of observing and delivering key CBT chairwork interventions.
- Receive chairwork interventions by working on their own chosen issues
- Use their experiences of the exercises to gain insight and confidence into the process and application of chairwork
- Engage in structured reflection to inform their clinical work and to clarify any personal benefits or learning
- Gain experience of the self-practice, self-reflection format to support future development

The workshop is open to people new to chairwork.

About the presenters

Matthew Pugh is a Clinical Psychologist, Cognitive Behavioural Psychotherapist, Advanced Schema Therapist, and Honorary Clinical Lecturer (University College London). He works at the Vincent Square Eating Disorders Service in Central London and was previously acting Lead Clinical Psychologist for the service. Matthew is the author of the upcoming book: Cognitive Behaviour Chairwork: Distinctive Features.

Tobyn Bell is Cognitive Behavioural Psychotherapist, Trainer, Supervisor and programme-lead at the Greater Manchester Psychological Therapies Training Centre (NHS). He is also a Compassion-Focused Therapist and is part of the training executive for the Compassionate Mind Foundation. Tobyn is the co-author of the book: Compassion Focused Therapy from the Inside Out: A Self-practice/Self-reflection Workbook for Therapists

General Event Information

Price includes lunch and refreshments.

A CPD certificate will be provided for 12 hours CPD.

Registration closes – Friday 6 September 2019

Please see the website for venue information - <http://www.stjulians.co.uk/>

Fees

BABCP Member - £130

Non-Member - £160