

SOUTH EAST WALES BRANCH

Transdiagnostic Approaches to Imagery: A Masterclass

Presented by Dr Rachel Manser

Thursday 27 & Friday 28 June 2019

Times: 9.30am to 4.30pm on both days

Venue: Cardiff University, Hadyn Ellis Building, Maindy Rd, Cardiff CF24 4HQ

About the Workshop

Although many of us are aware of the role of mental imagery in maintaining a variety of clinical problems and use some imagery-based techniques, we can sometimes limit ourselves in the breadth and depth of the application of knowledge and techniques. For example: Do you use imagery rescripting for trauma memories but not for other problematic images? Do you consider assessing suicidal imagery? Do you work on imagery directly with your clients but are not sure how to work metacognitively with images? Would you like to use a more comprehensive approach to understanding how and when to intervene with problematic images?

This workshop provides an overview of the use of imagery across a range of clinical presentations and across the span of CBT including assessment, formulation, clinical techniques and therapeutic blueprinting. There will be plenty of opportunity to practice use of formulation and intervention using clinical examples from your own field of work, and in particular to use practice to develop confidence in a range of imagery-based CBT techniques.

Over the two days, we will:

- Identify the range of presentations in which you may need to consider assessing and intervening with mental imagery
- consider the current evidence for imagery techniques in CBT
- develop microformulations of imagery using your own clinical practice
- provide an overview of the range of imagery-based techniques and the rationale for particular techniques
- practice using metacognitive, rescripting and positive imagery interventions.

Level

Intermediate - Advanced

About the Presenter

Rachel Manser trained on the Oxford Doctoral Course in Clinical Psychology over a decade ago. She has worked extensively within NHS adult mental health settings, both in IAPT and in services for people with more severe and complex psychological difficulties including AMHT, early intervention in psychosis and acute inpatient settings. She currently works as a Consultant Clinical Psychologist at the Oxford Centre for Cognitive Therapy providing training and supervision in CBT.

From 2013 to 2015 Rachel worked as part of Professor Emily Holmes' research team with the University of Oxford providing imagery based cognitive therapy to people with a bipolar disorder diagnosis. Her current clinical work builds on this work, providing imagery focused cognitive therapy to regulate anxiety and mood instability with adults given a bipolar diagnosis and is with Professor Craig Steel (University of Reading, University of Oxford) and Susie Hales (Clinical Psychologist, University of Oxford).

General Event Information

Fees:

BABCP Member: £100

Non-Member: £125

All BABCP events are VAT free.

Lunch and refreshments at breaks will be provided.

A CPD certificate for 12 hours will be issued – 50/50 skills and theory split

For any venue enquiries please see the website - <https://www.cardiff.ac.uk/visit>

Closing date for registrations is midday Friday 21 June 2019