

WEST BRANCH

Cultivating Self-Acceptance and Self-Esteem: A Transdiagnostic Cognitive-Behavioural Approach

Presented by Dr Melanie Fennell

Thursday 21 & Friday 22 March 2019

Times: 9.30am to 5.00pm Thursday, 9.30am to 4.00pm Friday

Venue: The Clifton Pavilion, Bristol Zoo, BS8 3HH

Workshop Description

Low self-esteem is commonly encountered in clinical practice and associated with a wide range of emotional and psychiatric problems. This practical, highly interactive workshop presents a transdiagnostic cognitive model of low self-esteem which integrates concepts from classical evidence-based cognitive-behaviour therapy (CBT) for anxiety and depression with ideas for working with enduring negative beliefs about the self. This forms the basis for a coherent programme of cognitive behavioural interventions designed to help clients weaken old negative self-beliefs and to establish and strengthen self-acceptance and self-esteem. This enables therapists to work effectively with people whose difficulties may cross diagnostic boundaries or are not easily encapsulated by them.

Participants

Basic knowledge of Beck's cognitive model of emotional disorder, and of cognitive behavioural treatment methods, will be assumed. Participants will have opportunities for discussion and for practical exercises, and there will be an emphasis on applying the material in their own clinical practice.

Learning Outcomes

By the end of the workshop, participants will be able to:

- Describe how lack of self-acceptance and low self-esteem develop and are maintained
- Conceptualise a case, using a cognitive model of low self-esteem as a framework
- Draw on range of relevant cognitive-behavioural treatment methods
- Design, carry out and review behavioural experiments related to cultivating self-acceptance and self-esteem
- Help clients to develop a decentred relationship to old, unhelpful beliefs about themselves
- Systematically question the "evidence" on which clients base these old beliefs
- Help clients to establish and strengthen more kinder and more accepting self-perspectives

The Presenter

Melanie Fennell, a Chartered Clinical Psychologist, is a Founding Fellow of the Oxford Cognitive Therapy Centre, an internationally recognised centre of excellence. Her prime interest is in communicating practical clinical skills within a clear theoretical framework. She has extensive experience of practising, training and supervising CBT and Mindfulness-Based Cognitive Therapy (MBCT) both in the UK and abroad, and has designed and directed courses accredited by Oxford University at Diploma and Master's level.

As a research therapist in Oxford University Department of Psychiatry, she contributed to the development and evaluation of ground-breaking cognitive-behavioural models and treatment protocols for depression and anxiety disorders. Her special interest in low self-esteem grew out of this work. She has written widely for clinicians on cognitive therapy for depression and low self-esteem and is the author of "Overcoming Low Self-Esteem", a self-help book for the general public (2nd edition, 2016).

In 2002, she was voted "Most Influential Female UK Cognitive Therapist" by the membership of the British Association for Behavioural and Cognitive Psychotherapies, the lead organization for CBT in the UK. In 2013 she was awarded an Honorary Fellowship by the Association.

Registration and General Information

BABCP Member fee: £140

Non-Member fee: £180

Price includes two course buffet lunch, refreshments and entrance to the zoo on the two days.

A CPD certificate for 14hours will be issued.

Closing date for registrations is midday Thursday 14th March.

Venue Information

Please see website - <https://www.bristolzoo.org.uk/visitor-information>