

## CBT4WALES

### **Working with suicidal thinking and self-harm behaviour**

Presented by Professor Kate Davidson

### **Matrics Cymru and Psychological Therapies development in Wales**

Presented by Dr Jane Boyd

### **Developments with the Scottish Matrix**

Presented by Professor Kate Davidson

Thursday 7<sup>th</sup> March 2019

**Times:** 9.00am to 4.00pm. Registration from 8.30am

**Venue:** Haydn Ellis Building, Maindy Road, Cardiff University, CF24 4HQ

<https://www.cardiff.ac.uk/visit/directions>

#### **Workshop on working effectively with self-harm and the risk of suicide**

Intentional self-harm is common, particularly in young adults. This is often repeated and strongly associated with suicide. Finding effective aftercare for individuals who self-harm is therefore important and CBT seems to be one of the more effective interventions. Kate Davidson, a clinical psychologist, has worked in personality disorders and self-harm for several decades. With others, she developed interventions and assessed their effectiveness in randomised controlled trials. She will give a workshop aimed at helping clinicians develop particular skills in working with individuals who have recently self-harmed and who are likely to be at risk of suicide.

#### **Developing guidance on which psychological interventions to use: The Matrix in Scotland**

Professor Kate Davidson worked with colleagues in NHS Education Scotland to develop "The Matrix, A Guide to Delivering Evidence-Based Psychological Therapies in Scotland".

This guide is used to plan and deliver evidence-based Psychological Therapies within NHS Boards in Scotland. The Matrix is published by NES, in partnership with the Scottish Government. It provides a summary of the information on the current evidence base for various therapeutic approaches, guidance on well-functioning psychological therapies services and advice on important governance issues. Kate Davidson will talk about her role in developing the evidence tables for psychological therapies for the Matrix.

**Dr Jane Boyd** has over 30 years' experience in the Health service working as a Clinical Psychologist and prior to this, completed a Dclin Psychol at the University of Sheffield and a PhD in cognitive Psychology at the University of Leeds. She has worked to develop psychological therapy services in her role as Clinical Director of Psychology and Psychological Therapies and as Professional lead for Psychology and Psychological Therapies Cardiff and Vale university Health Board.

Over the past five years, Jane has played an active role in developing the National Psychological Therapies agenda in partnership with service users and Public Health Wales and together this forum developed Matrics Cymru, the recent National Plan for Psychological therapies and guidance for new roles for psychological therapist in Wales. Jane is currently leading on a time limited commissioning for Public health Wales exploring further developments to support psychological therapies across Wales. As a consultant Clinical Psychologist in the NHS, Jane delivers interventions for service users with complex PTSD and is an accredited EMDR practitioner. Jane also in engaged in current research playing an active clinical role in delivering cognitive therapy and guided self-help.

**Registration and general information**

BABCP Member: £60                      Non-Member: £85

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

**Closing date for registration is midday Thursday 28/02/19**