

CBT4WALES

Working with suicidal thinking and self-harm behaviour – Scottish Matrix update

Presented by Professor Kate Davidson

Thursday 7th 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.

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