



BABCP

BATH2019

47th Annual Conference & Workshops

Special Event: Revolution in Mental Health Service Delivery: The Evolution of Low Intensity CBT

Chancellors' Building, University of Bath
Tuesday 3 September



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Revolution in Mental Health Service Delivery: The Evolution of Low Intensity CBT

As part of this year's Annual Conference we are running a special event for all professionals who deliver Low Intensity psychological interventions. The event will celebrate the contributions of the Low Intensity CBT workforce over the past 10 years and will also focus on how this profession can continue to develop and grow. We will hear from a number of speakers who contribute to the world of Low Intensity CBT, including David Clark and Paul Farrand who have been key supporters of Low Intensity CBT.

The day will bring together Low Intensity workers across all of the four home nations and will consider important topics such as therapist wellbeing, future CPD needs and progression and development within Low Intensity roles. There will also be an update on the accreditation of the Low Intensity workforce and an opportunity to meet the BABCP Low Intensity Special Interest Group committee.

- 9.25** **Welcome**
Saiqa Naz, Chair, BABCP Equality and Culture SIG and Lisa Atkinson from the Low Intensity SIG
- 9.30** **Low Intensity working: Considering the bigger picture**
Paul Salkovskis, President, BABCP
- 9.45** **Holding differences - working inclusively in Low Intensity interventions**
Adriana Nitranska, Low Intensity Practitioner
- 10.15** **Including childhood experiences in Low Intensity work:
Why me? And what helps**
Lucy Maddox, BABCP Senior Clinical Advisor
- 10.45** **Break**
- 11.15** **Keynote:
Low Intensity CBT: What! What's Next?**
Paul Farrand, University of Exeter
- 12.15** **Low Intensity Skills: What do we know and what do we need to know**
Lisa Atkinson, Low Intensity Practitioner
- 12.45** **Low Intensity across the Four Nations**
Liz Kell, Low Intensity Practitioner
- 1.15** **Lunch**
- 2.00** **Careers in IAPT and beyond**
Rebecca Gill, Low Intensity Practitioner
- 2.20** **Round table and audience discussion (Chair Paul Salkovskis)
Progression and Development within Low Intensity Working**
Lisa Atkinson, Liz Kell, Saiqa Naz, Rebecca Gill, Adriana Nitranska, Paul Farrand, David Clark

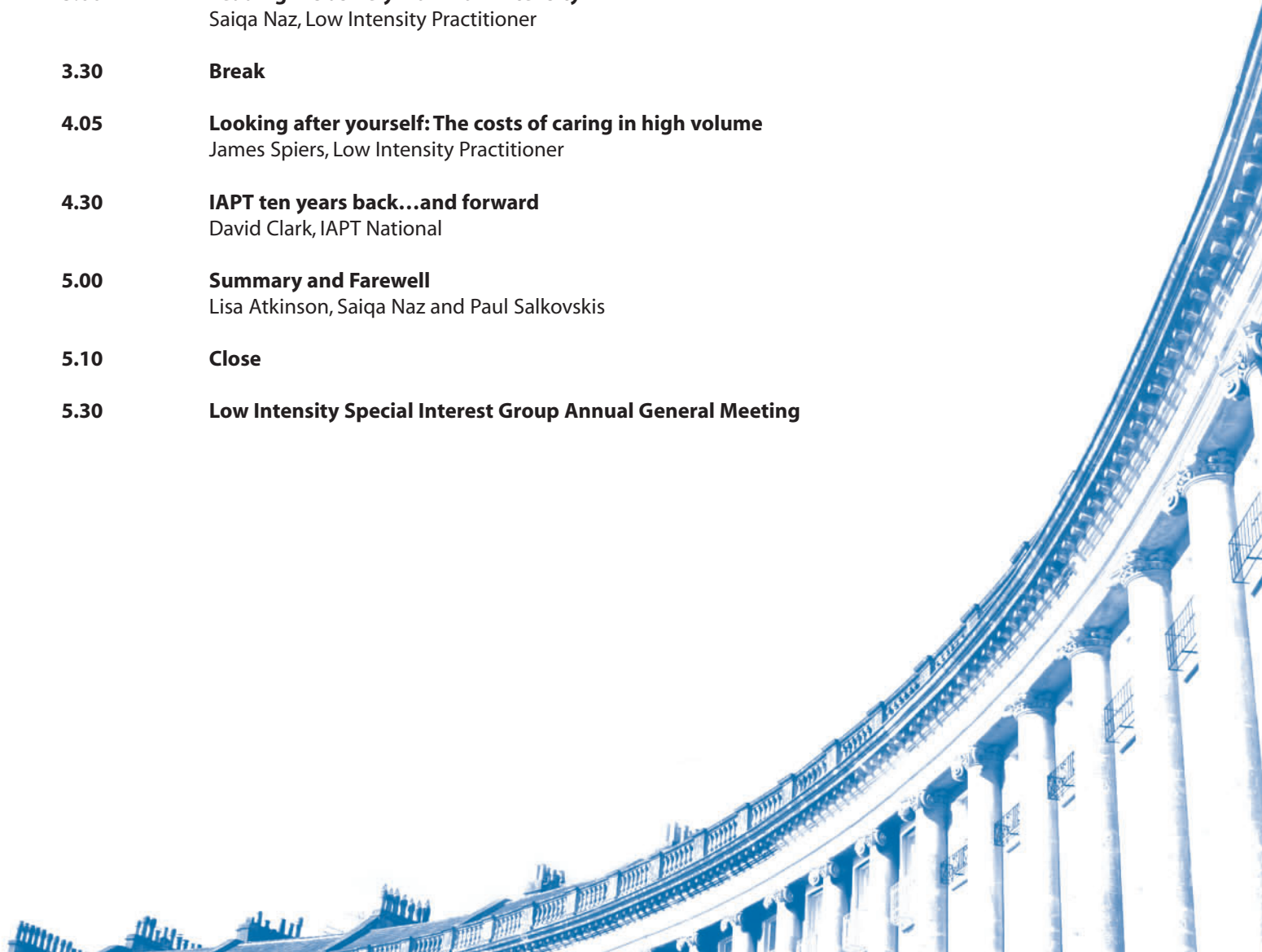


Chancellors' Conference Hall, University of Bath



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- 3.00** **Leading inclusively from Low Intensity**
Saiqa Naz, Low Intensity Practitioner
- 3.30** **Break**
- 4.05** **Looking after yourself: The costs of caring in high volume**
James Spiers, Low Intensity Practitioner
- 4.30** **IAPT ten years back...and forward**
David Clark, IAPT National
- 5.00** **Summary and Farewell**
Lisa Atkinson, Saiqa Naz and Paul Salkovskis
- 5.10** **Close**
- 5.30** **Low Intensity Special Interest Group Annual General Meeting**



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Registration Fees

Registration fees for this Special Event are:

Early Bird:	until 12 July	£60
Late registration:	after 12 July	£75

Register on line at www.babcpconference.com

The Registration Fee for this event covers:

- Admission to Special Event on 3 September
- Special event documents
- Refreshments

Delegates for this event can also register for the BABCP Annual Conference as a full or day delegate and attend the Opening Reception on Tuesday 3 September and also the social event on Wednesday 4 September. You can view the provisional programme and register online at www.babcpconference.com

Accommodation

We have secured accommodation on the University campus at £48 per night B&B which is excellent value and very convenient. This must be booked when registering online.

The Lead Organisation for CBT in the UK and Ireland

British Association for Behavioural
& Cognitive Psychotherapies

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