

## Cognitive Behavioural Analysis System of Psychotherapy Special Interest Group (CBASP SIG)

### **CBASP Three Day Intensive Training**

Presented by Erin Graham and Jonathan Linstead & Massimo Tarsia  
Wednesday 24 – Friday 26 June 2020

**Times:** 9.30am to 4.30pm (Registration from 9.00am)

**Venue:** The Circle, 33 Rockingham Lane, Sheffield, Yorkshire, S1 4FW

#### **About the workshop**

CBASP is the first psychotherapy designed to meet the needs of individuals who meet criteria for a diagnosis of chronic/persistent depression. CBASP is now included in the 'Psychological Therapies Matrix', a guide to delivering evidence-based psychological therapies in Scotland and appears on the draft of the NICE guidelines for depression.

This three-day intensive training is designed to teach core concepts and competencies in delivering this therapy.

This intensive training is aimed at mental health professionals with a formal training in delivering psychological therapy.

#### **The Trainers**

##### **Massimo Tarsia**

Massimo is a clinical psychologist in NHS Lothian. Since 2004 he has worked clinically in General Adult Mental Health Services delivering psychological therapies in secondary care. He is trained in CBT, IPT, BFT and EMDR. Having developed a special interest in the treatment of persistent depression, he trained in CBASP in 2009 and is an accredited trainer and supervisor. He has developed an adaptation of CBASP to a group modality.

Massimo is also an NRS Research Fellow, Department of Clinical Psychology, University of Edinburgh. He is a member of a clinical research group investigating developmental models of depression, the effectiveness and development of interpersonal psychotherapies in the treatment of persistent depressive disorder.

##### **Jonathan Linstead**

Jonathan is a registered mental health nurse and an accredited cognitive behavioural psychotherapist. He is also accredited in CBASP and is the current chairperson for the BABCP CBASP special interest group. Jonathan has 8 years' experience delivering therapy within an IAPT service and in 2016 commenced a psychotherapy role within an early intervention in psychosis team. He is trained in CBTp and has a special interest in treating young adults with persistent depression and psychosis. He is an accredited EMDR practitioner.

#### **Widely Recognised Accreditation | High Quality CPD | CBT Register UK**

**Erin Graham**

Erin has been working in mental health since 2000 and has been a qualified Cognitive Behavioural Psychotherapist since 2010. Erin is an accredited member of the BABCP and is also an accredited CBASP practitioner and supervisor. Since qualifying 8 years ago Erin has worked in secondary mental health services, as a therapist, as part of a Multi-Disciplinary Team with adults who have a range of difficulties including Depression, Personality Disorders and Psychosis. Erin had the opportunity to participate in the training with Jim McCullough during his last visit to the UK in 2010 and since then has developed a special interest in CBASP and people with chronic depression and interpersonal difficulties.

**Registration and General Information**

BABCP Member fee: £270

Non-Member fee: £330

Lunch and refreshments are included.

A CPD certificate for 19.5 hours will be issued, 13 hours skills and 6.5 hours theory.

**Closing date for registrations is Friday 25<sup>th</sup> May 2020**

For any event or booking queries please contact BABCP head office on 0330 320 0851 or email [workshops@babcp.com](mailto:workshops@babcp.com)

For venue enquiries please see website - <http://www.thecirclesheffield.org.uk/how-to-find-us/>