

DEVON & CORNWALL BRANCH

Chairwork in CBT

Presented by Tobyn Bell and Matthew Pugh

Tuesday 25 and Wednesday 26 February 2020

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

Venue: Buckfast Abbey, Northwood Lane, Buckfastleigh, Devon, TQ11 0EG

Workshop One - Cognitive behavioural chairwork in action: An introductory workshop

Chairwork represents a collection of powerful experiential interventions which utilise chairs and their relative positions for therapeutic purposes. Chairwork has a rich history of applications in CBT and appears to be an effective method for treating a range of emotional and psychological difficulties.

This experiential and practice-focused workshop will introduce therapists to basic chairwork techniques and explore how these interventions can be used to enhance their clinical practice. Core chairwork interventions for working with negative automatic thoughts, distressing emotions, core beliefs, and metacognitive processes such as self-criticism will be outlined through didactic teaching, video presentations, live demonstrations, and practice-role plays. Delegates will also learn how process-based skills can be used to maximise the effectiveness of chairwork.

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

- Describe the basic forms of chairwork (empty-chair, two-chair, and role-play techniques)
- Understand the mechanisms of action underlying cognitive behavioural chairwork
- Use chairwork techniques to socialise clients to the cognitive behavioural model; modify negative automatic thoughts; manage emotional distress; build metacognitive awareness; and address core beliefs
- Apply unique, process-related skills to enhance the effectiveness of chairwork

This workshop is suitable for CBT therapists who have limited experience using chairwork and wish to develop competency using these action-based techniques.

Workshop Two - Cognitive behavioural chairwork: Advanced skills and applications

Chairwork represents a collection of powerful experiential interventions which utilise chairs and their relative positions for therapeutic purposes.

This unique experiential workshop will introduce delegates to advanced applications of chairwork in CBT, including compassion-focused, schema-focused, and emotion-focused chair-based techniques. Time will be

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spent both exploring how complex forms of chairwork can be used to tackle challenges and obstacles in CBT including emotional blocks, shame and self-criticism, attachment-related difficulties, and distressing childhood memories.

Teaching will be provided using a mixture of didactic presentations, group discussions, video presentations, live demonstrations, and practice role-plays.

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

- Describe how chairwork techniques are used in third-wave and integrative forms of CBT (e.g. compassion-focused, schema-focused, and emotion-focused approaches).
- Understand the mechanisms of action underlying chairwork in these forms of cognitive therapy.
- Use chairwork to overcome emotional blocks / avoidance in therapy, reduce shame and self-criticism, and address distressing memories / attachment-related difficulties (including 'unfinished business').
- Identify and overcome obstacles when using chairwork in CBT.

This workshop is suitable for therapists who have some experience using chairwork and wish to develop competency using more complex chair-based techniques.

About the presenters

Matthew Pugh is a Clinical Psychologist, Cognitive Behavioural Psychotherapist, Advanced Schema Therapist, and Honorary Clinical Lecturer (University College London). He works at the Vincent Square Eating Disorders Service in Central London and was previously acting Lead Clinical Psychologist for the service.

Tobyn Bell is Cognitive Behavioural Psychotherapist, Trainer, Supervisor, and programme-lead at the Greater Manchester CBT Training Centre. He is also a Compassion-Focused Therapist and is part of the training executive for the Compassionate Mind Foundation.

Registration and General Information

Delegates can choose to attend either Day One, Day Two or Both Days

Day One or Day Two Only

BABCP Member fee: £90

Non-Member fee: £120

Both Days

BABCP Member fee: £180

Non-Member fee: £240

Lunch and refreshments will be provided. A CPD certificate for 6 hours (one day) or 12 hours (both days) will be issued

Closing date for registrations is Friday 14th February 2020

For any event or booking queries please contact BABCP head office on 0330 320 0851 or email workshops@babcp.com

For venue enquiries please see website - www.buckfastconferences.org.uk