

## **GROUP CBT SPECIAL INTEREST GROUP**

### **Group CBT - Forward Leap or Backward Somersault?**

Led by Dr Mike Scott

Friday 20 September 2019

**Times:** 9.30am to 3.30pm (Registration from 9.00am)

**Venue:** 54 St James Street, Liverpool, L1 0AB

#### **About the workshop:**

Groups are a way of addressing the commonalities amongst peoples' difficulties/disorders [Scott (2011)]. They also offer the enticing prospect of a wider dissemination of services. This workshop addresses the question of when is group CBT effective and when is it a pawn in a numbers game?

Jo Clifford will present the NICE recommendations on group CBT. Attendees will take part in a simulated stress management group (SMG), to experience the trials and tribulations of being a leader, co-leader and group member. A framework for understanding and managing interactions will be described. The criteria for judging a group as effective will be considered and participants will be asked to deliver a verdict on an SMG group. This then serves as a methodological template for evaluating other group interventions.

The therapeutic relationship is a key element of both individual and group CBT but takes a slightly different form in the latter [Whitfield and Scott (2019)]. These differences will be explicated in the workshop. Participants are invited to reflect on their own experiences of groupwork: in this connection Nicola Walker will give a presentation on the side effects of group therapy.

Finally, participants will be encouraged to reflect on the scope for implementing group CBT where they are.

Scott, M.J (2011) Simply Effective Group Cognitive Behaviour Therapy London: Routledge

Whitfield, G and Scott, M (2019) CBT Delivered in Groups in 'The Therapeutic Relationship in Cognitive Behavioural Therapy Edited by S Moorey and A Lavender London: Sage publications.

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

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## Registration and General Information

BABCP Member fee: £50

Non-Member fee: £70

BABCP Member Student: £40

Non-Member Student: £60

Lunch and refreshments will be provided.

A CPD certificate for 6 hours will be issued – 50/50 skills and theory

### **Closing date for registrations is Friday 13 September 2019**

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.thewomensorganisation.org.uk/54stjamesstreet>

## Timetable

9.00am	Registration
9.30am	Mike Scott Psychoeducation strengths and limits
9.50am	Jo Clifford NICE Recommendations for Group CBT
10.10am	Mike Scott Group CBT in practice
10.30am	Coffee
10.50am	Mike Scott Simulated Group Session of Stress Management. Reflections of participants, leader and co-leader
11.30am	Mike Scott Framework for evaluating group skills and organisational context. But do skills relate to outcome?
12.30pm	Lunch
1.15pm	Nicola Walker Side effects of Group Therapy
1.45pm	Nicola Walker Participants' experiences and views on best practice for group CBT Discussion
2.30pm	Coffee
2.50pm	Putting it together where I am
3.30pm	Close