

IABCP Branch

Cognitive Behavioural Therapy Supervision: Integrating Practical Skills with a Conceptual Framework

Presented by Stephen Barton - Friday 22 November 2019

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

Venue: Hilton Hotel Belfast, 4 Lanyon Place, Belfast, BT1 3LP

Overview

Supervision in CBT is conceptually and procedurally complex: most of us learn to supervise by imitation or by trial and error. As a result, there is much implicit knowledge, several procedural accounts, but few explicit formulations. In the absence of such formulations our ability to consistently replicate best supervisory practice is limited.

Through a series of workshops at the Newcastle CBT Centre, we tapped into the implicit knowledge of experienced and less experienced supervisors and we developed a conceptual map of CBT supervision: how to build supervisory alliance, respond to supervisee's needs, develop helpful supervision contracts and maximise the beneficial effects of supervision. For the past 15 years, this model has been used in a wide range of clinical services, and several hundred supervisors have been trained. The workshop will introduce the key features of the model, interweaved with live supervision to illustrate the practical skills.

Workshop Leader

Stephen Barton is Head of Training at the Newcastle CBT Centre and former director of the Newcastle CBT Diploma. An experienced therapist, supervisor, trainer and researcher, in the past ten years he has supervised over 100 colleagues using the Newcastle supervision model. His clinical interests are working with people with complex mood disorders, with a strong emphasis on personalized healthcare. He is married with three sons and lives in the North East of England.

Registration and General Information

BABCP Member fee: £90

Non-Member fee: £110

Lunch and refreshments will be provided. A CPD certificate for 6 hours CPD will be issued on completion.

Closing date for registrations is midday Friday 15th November 2019

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.hilton.com/Belfast