

ISLE OF MAN BRANCH

Treating Long Term Conditions and Pain with CBT

Presented by Helen Macdonald

Friday 22nd November 2019

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

Venue: Keyll Darree Health and Social Care Higher Education Centre, Strang, Isle of Man, IM4 4RH

About the Workshop

There is a significant proportion of the population (approximately 12 million in the UK), that have long term conditions, with symptoms that can be treated, but are likely to persist. Common symptoms include pain, fatigue, breathlessness and other unpleasant experiences. Some people will have no medical explanation, and for others, there will be a recognised cause and diagnosis. The impact of living with a long-term condition extends to occupational, social, and interpersonal functioning in addition to the psychological impact of having unpleasant symptoms. People with long term conditions have often experienced multiple physical treatments without success before being referred for psychological therapies.

This workshop aims to consider knowledge and skills for working with people who have long term conditions, with an emphasis on persistent pain; using evidence-based cognitive-behavioural interventions. We will consider skills which can be used to help people to learn to self-manage, and opportunities to practice assessment, formulation and engagement techniques, as well as interventions.

Case examples will be used, and participants will be encouraged to bring their own experiences and cases to discuss, as well as to participate in small group work and role play exercises.

Objectives:

1. To enhance understanding of the evidence-base for a CBT approach to working with people who have persistent pain and other long-term conditions.
2. To enhance skills in assessing the impact of persistent symptoms on quality of life and help people with long term symptoms to understand their condition and health needs.
3. To enhance knowledge and practical skills in delivering interventions for long term management

About the Presenter

Helen Macdonald is an Accredited Cognitive-Behavioural Psychotherapist, Supervisor and Trainer, with over 25 years' experience of delivering therapy; providing clinical supervision and teaching. She has a background in Mental Health Nursing, and is a Chartered Psychologist in Health, a BABCP Fellow, Senate Award Fellow of the University of Sheffield, a Consultant in EMDR and an Associate Fellow of the British Psychological Society.

Helen has worked in adult mental health since 1983. She provides teaching in CBT at the University of Sheffield, and delivers workshops nationally and internationally, particularly on persistent pain. Helen also offers clinical supervision in both CBT and EMDR, for trainees, in the NHS in primary, secondary and tertiary care settings; and for private practice. She has an independent clinical practice where she specialises in treating adults who have

persistent pain, long term health conditions, trauma and expert witness services, as well as working with common mental health problems.

She is co-author of the self help book 'Overcoming Chronic Pain' (Little Books, 2005). Helen is also Course Accreditation Registrar for the British Association for Behavioural and Cognitive Psychotherapies (BABCP). She has been active in the European Association for Behavioural and Cognitive Therapies (EABCT), as BABCP's representative, as Honorary Secretary for six years, and current nominee for the role of Training Co-ordinator.

Helen is the inaugural Chair of the new BABCP Special Interest Group in Long Term Conditions and Medically Unexplained Symptoms.

General Event Information

Fees: BABCP Member: £55 Non-Member: £70

All BABCP events are VAT free.

Refreshments at breaks are included, but not lunch.

A CPD certificate for 7 hours will be issued – 50/50 skills and theory

Venue website - <https://www.gov.im/categories/education-training-and-careers/keyll-darree-health-and-social-care-higher-education-centre/>

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

Closing date for registrations is midday Friday 15th November 2019