

NORTH EAST AND CUMBRIA BRANCH

Understanding Therapist Drift through a process of self-reflection

Presented by Christine Tinn

Thursday 17 October 2019

Times: Registration is from 10.30am. The Branch AGM will be from 11am till 12pm. Lunch from 12pm till 1pm and the training from 1pm till 4.30pm

Venue: Tyneside Irish Centre, 43 Gallowgate Street, Newcastle upon Tyne, NE1 4SG

About the workshop

The workshop draws upon the work of Glenn Waller (Evidence-based treatment and therapist drift 2009). This paper acts as a foundation for the exploration of our individual practice and experience of therapist drift. The workshop will explore the potential signs of drift; the factors that may contribute towards drift and how we recover from drift. The barriers to identifying therapist drift will also be considered.

The workshop will pay particular attention to the role of clinical supervision. The process of self-reflection can be challenging so the workshop will emphasise a compassionate and curious approach to understanding where we are currently in our clinical practice. The workshop will aim to create a safe place to explore and share our personal experiences of drift. Attendees are asked to consider what material they would like to explore during this workshop as this will greatly aid the process of self-reflection.

About the presenter

Christine Tinn is currently working within a health psychology service as a Senior Cognitive Behavioural Therapist. The emphasis of her current work focuses upon the emotional and psychological impact of living with persistent physical health symptoms. Prior to this she worked in mental health services in primary, secondary and acute settings.

Chris Tinn is an accredited Cognitive Behavioural Therapist, qualified EMDR Therapist and is a registered mental health nurse.

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Registration and General Information

Fees: North East & Cumbria Branch Member attending AGM: £20

Other BABCP branch members / not attending AGM: £35

Non-members: £45

Lunch and refreshments are included. A CPD certificate for 3 hours will be issued.

Closing date for registration is midday Friday 11/10/19

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

The booking form can be found on the website here - <https://www.babcp.com/Training/Events.aspx>

For venue enquiries please see website - <https://tynesideirish.com/contacts/>