

NORTH EAST & CUMBRIA BRANCH

Cognitive Therapy for Social Anxiety Disorder in Adults and Adolescents

Presented by Professor David M Clark

Thursday 16 and Friday 17 April 2020

Times: 9.30am to 5.00pm, with registration from 9.00am on both days

Venue: The Daffodil Hotel and Spa, Keswick Road, Grasmere, Ambleside, LA22 9PR

Abstract

Social anxiety disorder is common and remarkably persistent in the absence of treatment. It frequently leads to occupational and educational underachievement. Interpersonal relationships are impaired. Dissatisfaction with the way that life is progressing often triggers depressive episodes.

Clark and Wells (1995) proposed a cognitive model that aims to explain why social anxiety disorder is so persistent. A distinctive form of cognitive therapy that targets the maintenance processes classified in the model was developed. Randomised controlled trials in the UK, Germany, Norway, Sweden, Japan and Hong Kong have demonstrated that the new treatment is highly effective. Comparisons with other active treatments have established that cognitive therapy is superior to: two forms of group CBT, exposure therapy, interpersonal psychotherapy, psychodynamic psychotherapy, SSRIs, medication-focussed treatment as usual, attention placebo and medication placebo. Such a comprehensive demonstration of differential effectiveness is extremely rare in psychotherapy.

This workshop presents the Clark & Wells model and illustrates the key treatment procedures that have been developed from the model. These include: the self-focused attention and safety behaviours experiential exercise, video-feedback, externally focused attention training, behavioural experiments, and procedures (discrimination training and memory re-scripting) for addressing early traumatic experiences that influence patients' current behaviour in social situations. The treatment procedures are vividly illustrated with case material and videos clips. Guidance on the use of the most appropriate measures for identifying therapy targets and monitoring progress is also provided.

Finally, the workshop explains why some procedures that are common in other CBT programs (e.g. thought-records, positive self-talk in a phobic situation, exposure hierarchies) are NOT used in Clark & Wells' cognitive therapy program. As social anxiety disorder usually starts in adolescence, the workshop covers how to use the treatment in adolescents as well as adults.

Widely Recognised Accreditation | High Quality CPD | CBT Register UK

Registration and General Information

BABCP Member fee: £160

Non-Member fee: £200

Registration closes midday Friday 3rd April 2020.

Lunch and refreshments will be provided. A CPD certificate for 14 hours will be issued.

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 - <https://www.daffodilhotel.co.uk/>

To contact the branch committee - ne-cumbria@babcp.com