

NORTH WEST WALES BRANCH

Intolerance of Uncertainty

Presented by Professor Mark Freeston

Friday 27 September 2019

Times: 9.30am to 5.00pm (Registration from 9.00am)

Venue: Neuadd Reichel, Bangor University, Ffriddoedd Site, Ffriddoedd Road, Bangor, LL57 2TW

About the workshop:

When the balance of evidence is in favour of treatment based on a disorder specific model, it could be argued that the specific treatment should be considered first and deliver key interventions in sufficient dose. But, from the standpoint of comorbidity/complexity, one (transdiagnostic) construct or process may help explain various phenomena. Targeting higher order transdiagnostic processes could lead to simpler/more focused interventions. This workshop first considers whether intolerance of uncertainty, a construct originally developed in the context of GAD, meets the criteria for transdiagnostic status. Based on a new and evolving conceptualization of IU we will next consider some of the differences in an IU-based account of anxiety and other types of distress compared to the more familiar threat-based models and then identify how it may present across a range of disorders and problems. We will then think about the treatment implications, both for therapeutic process and for therapeutic tasks when intolerance of uncertainty is part of the clinical presentation.

Methods will include didactic presentations, reflection on clinical cases, work in small groups, role play and plenary question and answer sessions.

About the speaker:

My main research interests over the last 30 years have been in the field of Obsessive Compulsive Disorder and Generalized Anxiety Disorder and other disorders dominated by intrusive thoughts, worry and rumination. I trained in Quebec and completed undergraduate, masters, doctoral and post-doctoral studies in clinical psychology and clinical research in Quebec City and Montreal. My PhD studies included the first RCT for obsessions without overt compulsions. I moved to Newcastle in 2000 to lead CBT training in the North East and teach research methods in clinical psychology at Newcastle University. Over the last 12 years I have again been investigating the role of Intolerance of Uncertainty along with colleagues and students in Newcastle.

We first became interested in Intolerance of Uncertainty (IU) in 1993 at Université Laval (Quebec) when we realized that although people with Generalized Anxiety Disorder had difficulty solving problems, they actually had good knowledge of problem solving. So what got in the way? Our clinical hunch was that

Widely Recognised Accreditation | High Quality CPD | CBT Register UK

they could not tolerate situations where the outcome was not yet known, and that this was independent of any negative consequences. That is, for some people uncertainty was part of the threat or threatening in and of itself. From a hunch came a questionnaire published in 1994, the Laval model of GAD with IU at its heart, then a treatment with several RCTs, and much more work on the model. There has also been snowballing interest in the scale and indeed in the construct. It appears to have face validity, resonates as a concept with clinicians and patients alike and it is being used with different populations and in different areas of psychological research.

Along with a range of collaborators, our current lines of research include the nature of IU and its manifestations in everyday life such as decision making; its possible origins and developmental course, its potential contribution to anxiety (including performance anxiety), depression, OCD-spectrum disorders, eating disorders and psychosis, and autism spectrum disorders; its possible role in physical health conditions such as pain, its presentation and role in non-western cultures, and IU in healthy ageing and among caregivers. Over the last four years we have been translating our increasing knowledge of IU into the development and testing of IU-specific treatment strategies.

Registration and General Information

BABCP Member fee: £75

Non-Member fee: £90

Students: £75

Lunch and refreshments will be provided. A CPD certificate for 7 hours will be issued – 50/50 skills and theory

Closing date for registrations is Wednesday 18 September 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 -

<https://www.bangor.ac.uk/accommodation/halls/reichel.php.en>