

## **SCOTLAND BRANCH**

### **Working Effectively with Anxiety: Flexibility with Fidelity**

Presented by Dr Nick Grey

Friday 8 November 2019

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

**Venue:** Murrayshall Country House Hotel and Golf Club, Scone, Perth, Scotland, PH2 7PH

#### **Background:**

This workshop will allow participants to consider how to remain true to the core principles of CBT for anxiety disorders while adapting therapeutic techniques to address the everyday challenges of real-world clinical work.

The workshop will cover:

- How to assess and diagnose anxiety disorders accurately, and why it matters.
- How to formulate anxiety using both disorder specific models and transdiagnostically, including identifying meanings, the processes of attention and repetitive thinking, and the role of memories.
- How to start to tackle complexity and comorbidity; when to use disorder specific models and when not.
- What techniques may be most helpful when.
- How to move from talking to doing in therapy; integrating behavioural experiments and exposure.
- How to use imagery work, including rescripting of past memories and using future oriented imagery.
- Working with avoidance.
- To learn ways of getting the most out of supervision, both as a supervisor and supervisee

#### **Training Modalities:**

Didactic presentation, group work, self-reflection, video examples of sessions

#### **References:**

Roth, A.D. and Pilling, S. (2007). The competences required to deliver effective cognitive and behavioural therapy for people with depression and with anxiety disorders. London: Department of Health.

Waller, G. (2009). Evidence-based treatment and therapist drift. *Behaviour Research and Therapy*, 47, 119-127.

Whittington, A. and Grey, N. (eds.) (2014). *How to Become a More Effective CBT Therapist: Mastering Metacompetence in Clinical Practice*. Wiley.

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**Workshop Leader:**

**Nick Grey** is a Consultant Clinical Psychologist and Clinical Research and Training Fellow at Sussex Partnership NHS Foundation Trust and University of Sussex. He is a BABCP-accredited practitioner, supervisor, and trainer.

**Registration and General Information:**

BABCP Member fee: £85

Non-Member fee: £100

Lunch and refreshments will be provided. A CPD certificate for 6.5 hours will be issued.

**Closing date for registrations is Friday 1<sup>st</sup> November 2019**

For any event or booking queries please contact BABCP head office on 0330 320 0851 or email [workshops@babcp.com](mailto:workshops@babcp.com)

For venue enquiries please see website - <https://www.murrayshall.co.uk/contact-us>