Holding Hope: Clinical supervision for CBT therapists and supervisors working with depression - Jo Stace Memorial Workshop
Presented by Anne Garland
Friday 28 February 2020

Times: 9.30am to 5.00pm (Registration from 9.00am)
Venue: Royal Station Hotel, Neville Street, Newcastle upon Tyne, NE1 5DH

About the event:
This workshop is aimed at all levels of CBT clinical practice and supervision and will encourage a collaborative approach among participants to share knowledge, skill and expertise with each other.

This workshop has two aims:
• To provide a supervisory experience for the workshop participants’ own CBT practice when working with depression
• To provide opportunity to reflect on their own supervisory practice when supervising other CBT therapists working with depression.

The workshop will focus on developing knowledge and skills in:
• Holding hope for the therapist, patient and supervisee when working with depression
• Participants’ own strengths and foibles when working with depression as a CBT therapist and as a CBT supervisor
• Tailoring the CBT intervention and supervision to the service setting and delivery model
• Managing avoidance and procrastination in the therapist in clinical practice and supervision
• Identifying gaps in CBT knowledge and skills when working with depression
• Therapeutic risk taking in depression – the role of the therapist and supervisor
• Opportunity to bring your own clinical and supervisory case material for discussion

Anne Garland is employed as an Associate Professor in Psychological Therapies at the University of Nottingham and a Senior Adult Psychotherapist in the Nottinghamshire Healthcare NHS Foundation Trust Specialist Depression Service. This service, which Anne helped establish, emerged from a 5-year RCT for
which Anne was a grant holder. The service offers NICE recommended pharmacological and psychological (CBT; MBCT) treatments within a collaborative care model for people with persistent, treatment resistant depression. She has been practising cognitive and behavioural psychotherapy in the NHS for the last twenty-nine years.

Anne is an active researcher in the area of persistent, treatment resistant depression and has published widely in this field. Anne is also recognized nationally as a cognitive therapy trainer and has presented cognitive therapy skills-based workshops and academic papers at both a national and international level. Anne is an ex-president of the BABCP. When Anne is not working, she enjoys cooking and sharing food with family and friends; running; cinema and reading and writing poetry.

Pre-workshop reading

Garland, Anne, Case Formulation for complex and recurrent depression chapter 6 in in Nicholas Tarrier and Judith Johnson (2015) Case Formulation in cognitive behaviour therapy: the treatment of challenging and complex cases (Wiley, Chichester)


September


Garland, A. (in press) chapter: Persistent Depressive Disorder in Evidence-Based Treatment for Anxiety Disorders and Depression: A Cognitive Behaviour Therapy Compendium Cambridge University Press

Registration and General Information

BABCP Member fee: £60
Non-Member fee: £80
Students: £45

Lunch and refreshments will be provided.

A CPD certificate for 6 hours will be issued – 50/50 hours skills and theory.

Closing date for registrations is Friday 21 February 2020.

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://www.thecairncollection.co.uk/hotels/royal-station-hotel/