

## LOW INTENSITY SPECIAL INTEREST GROUP

### **Back to Basics – Doing Low Intensity Interventions Brilliantly**

Presented Clair Moore and David Rae

Thursday 2<sup>nd</sup> May 2019

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

**Venue:** Sackville Street Building (University of Manchester), 60 Sackville Street, Manchester, M1 3BB

#### **About the workshop**

This one-day workshop is designed to help low intensity practitioners to revisit their skills of the core interventions (IAPT Reachout 3rd Edition) to ensure they are practicing them brilliantly and effectively. Practitioners can develop bad habits, or in fact forget to use the basic techniques that they were taught during training therefore this workshop is ideal to refresh these techniques and to learn more about delivering them.

The presentation and workshop in the morning will consider 5 area formulation, initial assessments, goal setting, remaining focussed in the face of complexity, COM-B and managing expectations. Our treatment workshop in the afternoon will focus on education, behavioural activation, cognitive restructuring, managing panic and graded exposure.

#### **About the presenters**

##### **Clair Moore**

Clair has worked within mental health services since graduating from the Psychology undergrad course in 2006. This work had centred on goal focused support for those with chronic and enduring mental health diagnosis and then moved on to a supervisory and mentoring role for staff. Clair completed the Post Grad Low Intensity Psychological Interventions certificate at Newcastle University in 2012 and worked as a PWP in Sunderland IAPT. During this time Clair took the lead in developing psych-ed classes in sleep, depression and anger. As well as developing 1-1 treatment workbooks for the same. From 2014 – 2018 Clair worked as a Senior Psychological Wellbeing Practitioner and developed a specialist interest in teaching and clinical supervision; aiming to bridge the gap between theory and practice for PWPs through developing quality materials and innovative teaching sessions. Clair has guest lectured at Newcastle University and facilitated the Regional PWP training funded through the IAPT provider forum.

##### **David Rae**

David has worked in mental health services for almost 10 years, both in primary and secondary care settings. 7 years working with acquired brain injury, psychosis, LD and autism scaling from Support Work to Team Lead, Assistant Psychologist, and Specialist Care Coordinator roles. He has been involved in training and developing staff in mental health awareness and interventions during this time. He has worked for the last 3 years as a PWP in Northumberland and has been involved in writing, developing and presenting the Improving Wellbeing Course which is being used as treatment across Northumberland. He has also been involved in guest lecturing on the Low Intensity CBT course at Newcastle University, and currently sits on both the North East & Cumbria branch and the Low Intensity SIG for the BABCP.

## **Registration and General Information**

BABCP Member fee: £40

Non-Member fee: £50

A buffet lunch and refreshments at breaks will be provided.

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

For venue enquiries please see the website - <https://www.manchester.ac.uk/discover/maps/interactive-map/>

A certificate for 7 hours CPD will be given – 4 hours skills and 3 hours theory.

**Closing date for registrations is Friday 26<sup>th</sup> April 2019**