

# BABCP Spring Workshops and Conference

Thursday 8<sup>th</sup> and Friday 9<sup>th</sup> April 2010

University of Westminster, Marylebone Road, London

## Relationships and Relating in CBT: Science and Practice

### Workshops - Thursday 8<sup>th</sup> April

**WORKSHOP 1: Working with Shame and Developing Inner Compassion**  
*Paul Gilbert, University of Derby, and Thomas Schroder, University of Nottingham*

**WORKSHOP 2: Collaborative Case Conceptualisation: Building Relationships and Relating into Conceptualisation**  
*Willem Kuyken, University of Exeter*

**WORKSHOP 3: Cognitive Interpersonal Therapy for Recovery After Psychosis**  
*Andrew Gumley, University of Glasgow and Matthias Schwannauer, University of Edinburgh*

**WORKSHOP 4: Mentalisation Based Techniques for Working with Relational Processes**  
*Paco Fearon, University of Reading*

**WORKSHOP 5: Working 'Within' and 'Between': The Relationship Between the Intra-personal and the Inter-personal**  
*Arlene Vetere, University of Surrey*

**WORKSHOP 6: Using a Compassionate Mind Approach to working with Shame and Self-attack**  
*Deborah Lee, University College London and Berkshire Traumatic Stress Service*

### Conference - Friday 9<sup>th</sup> April

#### Keynote Speakers

DR DEBORAH LEE

University College London and Berkshire Traumatic Stress Service  
Compassionate mind in CBT: Bridging theory and therapy

PROFESSOR ARLENE VETERE

University of Surrey

Working Within and Between: Systemic therapy and attachment narratives

PROFESSOR PAUL GILBERT

University of Derby

Relating and Relationships in CBT: The Clinical and Scientific Importance of a Compassionate Mind Approach

#### Programme

Compassion in mindfulness-based cognitive therapy. *Willem Kuyken, University of Exeter*

Compassion focused therapy for eating disorders. *Kenneth Goss, Coventry & Warwickshire Eating Disorders Service and Corinne Gale, Kingsway Hospital, Derby*

The role of self-compassion for recovery from trauma. *Anke Karl, University of Exeter*

Mentalization as an integrative tool. *Dickon Bevington, Cambridge & Peterborough NHS Trust & Anna Freud Centre*

The importance of narrative coherence and its relationship to outcomes in a prospective study of First Episode Psychosis. *Andrew Gumley, University of Glasgow*

Mentalisation and reflective functioning in First Episode Psychosis. *Matthias Schwannauer, University of Edinburgh*

# Workshop Programme

Thursday 8<sup>th</sup> April 2010

## WORKSHOP 1

### Working with Shame and Developing Inner Compassion

Paul Gilbert, University of Derby and Thomas Schroder, University of Nottingham

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Compassion focused therapy has been introduced into cognitive behavioural therapy with some promising early studies of its value. One of the key elements of this approach is the therapeutic relationship, which focuses on creating a safe place, coping with and deactivating problematic shame. Unresolved shame ruptures can cause serious difficulties in the therapy and may be linked to drop outs. This workshop will explore the nature of shame in both therapist and patient, the concept of the 'shame dance' and compassionate approach to recognition and dealing with shame.

The workshop will draw on the theoretical model as outlined in the compassionate approach and our twenty year history of research on shame. In addition we will present data from International study of the development of psychotherapists, drawing from BABCP members who participated in this study. This research has given insight to the types of relationship difficulties therapists experience, and how they try to avoid or resolve them

This workshop will use a mixture of talks, DVDs and role, with a chance for experiential learning. It aims to equip participants to be more familiar with the moment to moment experiences of shame within the therapeutic relationship, the typical defensive responses that arise to shame, and ways of working with them.

*Paul Gilbert is a Clinical Psychologist and Professor of Clinical Psychology at the University of Derby and Director of the Mental Health Research Unit, Derbyshire Mental Health Services NHS Trust. He is a former president of the BABCP. He has researched and published in the areas of shame, self criticism and compassion.*

*Thomas Schroder is a chartered Clinical and Counselling Psychologist and Course Director for the Doctoral Training Programme in Clinical Psychology at Nottingham University. His main research interests are in the areas of therapeutic challenges and the professional development of psychological therapists. He has been involved in a major international study on therapist development*

Gilbert P. (2009) *The Compassionate Mind - A New Approach to the Challenges of Life*. London: Constable & Robinson

Orlinsky, D.E., Rønnestad, M.H. et al. (2005) *How psychotherapists develop. A study of therapeutic work and professional growth*. Washington D.C.: American Psychological Association.

Pope, K.S., Sonne, J.L. & Greene, B. (2006). *What Therapists Don't Talk About and Why: Understanding Taboos That Hurt Us and Our Clients*. (2nd Ed.). Washington, DC: APA.

Schroder, T.A. and Davis, J.D. (2004) "Therapists' experiences of difficulties in practice", *Psychotherapy Research*, 14, 3, 328-345

The Compassionate Mind Foundation website can be found at [www.compassionatemind.co.uk](http://www.compassionatemind.co.uk)

## WORKSHOP 2

### Collaborative Case Conceptualization: Building Relationships and Relating Into Conceptualization

Willem Kuyken, Mood Disorders Centre, University of Exeter

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Case conceptualization is at the heart of cognitive-behavioural therapy (CBT) because it is where evidence-based therapies and clients' unique presentations come together. When done well conceptualization empowers clients and increases CBT's effectiveness. Yet, most CBT therapists feel that there is a gap between their knowledge and practice and that this is an area of their practice they could develop. In this workshop you will learn a new case conceptualization approach that we call *Collaborative Case Conceptualization*. Our model incorporates three key principles: collaborative empiricism, incorporation of client strengths, and levels of conceptualization. Therapist and client work collaboratively to first describe and then explain the issues a client presents in therapy. Rather than simply look at client problems, our model incorporates client strengths to maximize the opportunities not only to relieve client distress but also to build client resilience. We also illustrate two levels of case conceptualization: descriptive and explanatory and illustrate how these are co-constructed with the client to help make sense of his or her presenting difficulties, and then are used to aid the selection of targeted treatment strategies that help create meaningful change. This workshop is based on ideas Willem Kuyken developed with his two collaborators Christine Padesky and Rob Dudley, described in their 2009 book *Collaborative Case Conceptualization*. In this workshop you will see demonstrations of this new model through DVD illustrations and have a chance to use the model in role plays. The case examples and role plays will be on the theme of relationships and the therapeutic relationship.

#### Key learning objectives:

1. Methods to help clients understand presenting issues using descriptive and explanatory models of conceptualization
2. How to incorporate client strengths into each phase of conceptualization & build resilience
3. The importance of working collaboratively and empirically to develop, test and refine conceptualizations.

This workshop is for therapists familiar with the basic CBT approach and who wish to develop their skills in individualised case conceptualization. Therapists have said of the model "when I started to implement the many strategies ... I immediately noticed that my therapy was much sharper and effective and the client was more actively involved in the process." Previous workshop delegates have said, "It was clear and concise;" "I loved it, very informative;" "Relaxed in approach;" "I really valued role-playing collaborative case conceptualization in smaller groups;" "Real synthesis of practice and research" and "Engaging."

*Willem Kuyken (Professor of Clinical Psychology) works as a researcher, trainer and clinician at the Mood Disorders Centre in Exeter. His research and clinical work specialise in CBT approaches to recurrent depression. A particular theme of his work is exploring how therapists develop, and share conceptualizations to enhance the effectiveness of therapy. After completing his PhD and clinical training he worked as a Postdoctoral Fellow at the Center for Cognitive Therapy, University of Pennsylvania for two years with Aaron T. Beck (1997-1999). Since 1999 he has worked in Exeter, England where he co-founded and co-directs the Mood Disorders Centre, a research,*

clinical and training center. He has published several key publications on case conceptualisation (Bieling & Kuyken, 2003; Kuyken, 2006; Kuyken et al., 2009).

Bieling, P. J. & Kuyken, W. (2003) "Is cognitive case formulation science or science fiction?" *Clinical Psychology-Science and Practice*, 10, 52-69.

Kuyken, W. (2006) "Evidence-based case formulation: Is the emperor clothed?" In N.Tarrier (Ed.), *Case formulation in cognitive behaviour therapy* (pp. 12-35). Hove: Brunner-Routledge.

Kuyken, W., Padesky, C. A., & Dudley, R. (2009) *Collaborative case conceptualization: Working effectively with clients in cognitive-behavioral therapy*. New York: Guilford.

## WORKSHOP 3

### Cognitive Interpersonal Therapy for Recovery after Psychosis

Andrew Gumley, University of Glasgow & Matthias Schwannauer,

University of Edinburgh

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This workshop on staying well after psychosis presents an individually based psychological intervention targeting emotional recovery and relapse prevention. Our approach considers the cognitive, interpersonal and developmental aspects involved in recovery and vulnerability to the recurrence of psychosis. The workshop will outline an overall psychological framework for developing individually tailored strategies for case formulation, recovery and staying well that primarily focus on emotional and interpersonal adaptation to psychosis. This approach incorporates:

1. A developmental perspective on help seeking and affect regulation
2. Strategies to support self reorganisation and adaptation after acute psychosis,
3. Understanding and treating traumatic reactions to psychosis
4. Working with feelings of humiliation, entrapment, loss and fear of recurrence appraisals during recovery
5. Developing coping in an interpersonal context

#### Key Learning Objectives:

1. To formulate emotional recovery and relapse prevention as reciprocal goals requiring the development of psychological adaptation and affect regulation skills
2. To incorporate a developmental perspective to guide the process of service engagement, formulation and intervention
3. To develop individualised formulation based approach to emotional recovery, relapse detection and prevention
4. To develop a therapeutic frame around the interplay between interpersonal schemata, and underdeveloped and over-developed coping strategies

*Andrew Gumley is Chair of Psychological Therapy at the University of Glasgow and Honorary Consultant Clinical Psychologist at ESTEEM: North Glasgow Early Intervention Service.*

*Matthias Schwannauer is Senior Lecturer in Child and Adolescent Clinical Psychology at the University of Edinburgh and Consultant Clinical Psychologist in the Adolescent Onset Psychosis Service in Edinburgh.*

Gumley A., O'Grady, M., McNay, L., Reilly, J., Power, K. & Norrie, J. (2003) "Early intervention for relapse in schizophrenia: results of a 12-month randomized controlled trial of cognitive behavioural therapy", *Psychological Medicine*, 33, 419-431.

Gumley A.I. & Schwannauer M. (2006) *Staying well after psychosis: a cognitive interpersonal approach to recovery and relapse prevention*. Chichester: John Wiley & Sons Ltd.

Liotti G. & Gumley A.I. "An attachment perspective on schizophrenia: Disorganized attachment, dissociative processes, and compromised mentalisation" in A. Moskowitz, M. Dorahy, I. Schaefer (Eds) *Dissociation and Psychosis: Converging Perspectives on a Complex Relationship*. John Wiley & Sons Ltd (2009)

## **WORKSHOP 4**

### **Mentalization-based Techniques for Working with Relational Processes**

**Pasco Fearon, University of Reading**

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Mentalization refers to a set of automatic and voluntary capacities we all possess for interpreting, reasoning about and responding to the mental states of others (thoughts, beliefs, emotions). We cannot of course directly 'read' other people's thoughts, which means that mentalizing is an inferential process prone to all kinds of errors and biases. But the conclusions we reach about the intentional mental states of others powerfully affects the way we relate to them (how we feel about them, how we act towards them). Mentalization is therefore arguably the bedrock of human relationships. Mentalization-based therapies use this framework to promote mentalizing and thereby to improve the quality of interpersonal relationships and interpersonal functioning. Mentalization shares much in common with well-known principles of cognitive therapy and is one potentially helpful framework for integrating interpersonal processes into cognitive therapy practice. In this workshop I will outline the primary therapeutic principles and techniques of mentalization-based therapies (individual and family therapy).

#### **Key learning objectives:**

1. Understanding the conceptual model that relates mentalization to interpersonal functioning
2. Acquiring experience in formulating interpersonal processes from a mentalizing perspective
3. Understanding how a range of techniques can be used to promote mentalizing.

*Pasco Fearon is a Reader in Developmental Psychopathology at The University of Reading and a clinical psychologist. He is also Research Advisor to the Anna Freud Centre in London, and Honorary Associate Professor at the Child Study Center at Yale University. His research work focuses on the development of psychopathology. His studies focus primarily on developmental processes occurring in infancy and childhood and particularly the role of family relationship in childhood disorders, particularly though not exclusively parent-child attachment. He is also one of the developers of mentalization-based family therapy (MBFT) and is member of the steering group for mentalization-based treatments.*

Fearon, R.M.P., Target, M., Sergeant, J., Williams, L., Bleiberg, E. & Fonagy, P. (2006). "Short-term mentalizing and relational therapy: an integrative family therapy for children and adolescents" in Bleiberg, E. & Fonagy, P. (Eds). *Handbook of Mentalization-Based Treatment*. Chichester, UK: Wiley.  
Bleiberg, E. & Fonagy, P. (Eds). *Handbook of Mentalization-Based Treatment*. Chichester, UK: Wiley.  
Bateman, A., & Fonagy, P. (1999). *The effectiveness of partial hospitalization in the treatment of borderline personality disorder - A randomized controlled trial*.

## **WORKSHOP 5**

### **Working 'Within' and 'Between': The Relationship Between the Intra-personal and the Interpersonal**

**Arlene Vetere, University of Surrey**

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This workshop will explore therapeutic opportunities when major systems of relational thinking and practice are integrated in a formulation framework: systems theory; attachment theory; narrative theory and constructivism. Using examples from therapeutic practice with couples and families, the attachment narrative framework

will be used to both illuminate and structure systemic work. Implications for CBT practice with both individuals and their family members will be drawn, with particular reference to process, feedback and context.

*Arlene is Professor of Clinical Psychology at Surrey University, and Deputy Director of the PsychD programme. She is president of the European Family Therapy Association. She has published a number of books in the above area, including (2009) Systemic Therapy and Attachment Narratives, with Rudi Dallos.*

Dallos R. and Vetere, A. (2009) *Systemic Therapy and Attachment Narratives: Applications in a range of clinical settings*. London: Routledge

Vetere, A. and Dallos, R. (2003) *Working Systemically with Families: Formulation, Intervention and Evaluation*. London: Karnac.

Vetere, A. (2003) "On the effectiveness of family, marital and systemic therapies" in S. McPherson, P. Richardson and P. Leroux (Eds.) *Clinical Effectiveness in Psychotherapy and Mental Health*. London: Karnac.

## **WORKSHOP 6**

### **Using a compassionate mind approach to working with the treatment of shame and self-attack: a transdiagnostic approach**

**Deborah Lee, Berkshire Traumatic Stress Service and University College London**

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Shame and self attack are prevalent in many mental health problems such as psychosis, depression, PTSD, alcohol and drug problems eating disorders and low self-esteem. Compassion focused case conceptualisation and interventions can offer useful ways to work with co-morbid presentations and complex cases which do not fit existing CBT treatment protocols and may even present as treatment resistant. This workshop draws on social mentality theory to explore the nature of shame-based, negative self-evaluations and presents theory- practice links on how to develop a compassionate mind in order to work more effectively with these cases. The workshop explores ways to develop inner compassion via imagery and the generation of compassionate feelings for the self: these techniques are illustrated in case material.

*Dr Deborah Lee is a Consultant Clinical Psychologist who has specialised in the field of trauma and PTSD for 20 years. Her main role is Head of Berkshire Traumatic Stress Service, where she offers a national treatment service to those suffering from PTSD and complex PTSD. She is also an Honorary Senior Lecturer at University College London. She clinical and research interests include working with complex trauma and shame. To date, she has presented over 150 invited workshops and talks on this area of clinical work.*

Lee, D.A. (2009) "Compassion Focused Cognitive Therapy For Shame-based Trauma Memories and Flashbacks in PTSD" in Grey, N. (Eds.) *A Casebook of Cognitive Therapy for Traumatic Stress Reactions*, Chapter 15. London: Brunner-Routledge.

Lee, D.A. (2009) "Using a compassionate mind to enhance the effectiveness of cognitive therapy for people who suffer from shame and self" in Sookman, D. & Leahy, R. (Eds.). *Treatment Resistant Anxiety Disorders*, New York: Routledge.

# BABCP Spring Conference

Friday 9<sup>th</sup> April 2010

University of Westminster, Marylebone Road, London

## Relationships and Relating in CBT: Science and Practice

### Keynote Speakers

**Dr Deborah Lee, University College London, and Berkshire Traumatic Stress Service**  
Compassionate mind in CBT: Bridging theory and therapy

**Professor Arlene Vetere, University of Surrey**  
Working Within and Between: Systemic therapy and attachment narratives

**Professor Paul Gilbert, University of Derby**  
Relating and Relationships in CBT: The Clinical and Scientific Importance of a  
Compassionate Mind Approach

### Symposium Speakers

#### Symposium 1: Compassionate Mind

Willem Kuyken, University of Exeter

**Compassion in mindfulness-based cognitive therapy: Therapist embodiment and client change**

Kenneth Goss, Coventry and Warwickshire Eating Disorders Service and Corinne Gale, Kingsway Hospital, Derby

**Compassion focused therapy for eating disorders**

Anke Karl, University of Exeter

**The role of self-compassion for recovery from trauma**

#### Symposium 2: Mentalisation and Psychosis

Dickon Bevington, Cambridge & Peterborough NHS Trust & Anna Freud Centre

**Mentalization as an integrative tool: Moving from multi-muddle to multi-modal working in an approach for hard-to-reach multi-problem youth: AMBIT**

Andrew Gumley, University of Glasgow

**Telling stories: The importance of narrative coherence and its relationship to outcomes in a prospective study of First Episode Psychosis**

Matthias Schwannauer, University of Edinburgh

**Mentalisation and reflective functioning in First Episode Psychosis**

# BABCP Spring Conference and Workshops Registration Form

## 8th/9th April 2010 • London

Surname, First Name and Title (Dr, Ms, Mr etc) \_\_\_\_\_

Occupation or Job Title \_\_\_\_\_

BABCP Member \_\_\_\_\_ Non Member \_\_\_\_\_ (please tick)

Mailing Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax \_\_\_\_\_ email \_\_\_\_\_

Do you wish to Attend the Spring Conference on Friday 9th April (please tick)?

Do you wish to attend a Workshop on Thursday 8th April (please tick)?

1: Working with Shame and Developing Inner Compassion: Paul Gilbert

2: Collaborative Case Conceptualisation: Willem Kuyken

3: Cognitive Interpersonal Therapy for Recovery After Psychosis: Andrew Gumley & M.Schwannauer

4: Mentalization-based Techniques for Working with Relational Processes: Paco Fearon

5: The Relationship Between the Intra-personal & the Interpersonal: Arlene Vetere

6: Using a Compassionate Mind Approach with the Treatment of Shame and Self-Attack: Deborah Lee

Spring Conference: BABCP Member £80, Non-member £105, BABCP Student Member £60

Spring Workshops: BABCP Member £120, Non-member £150, BABCP Student Member £80

Both booked together: BABCP Member £180, Non-member £235, BABCP Student Member £135

### Payment:

1. Drafts and cheques must be drawn on a UK bank and made payable to 'EYAS Ltd' Payment must be made in sterling and free of bank charges

I enclose a cheque for £ \_\_\_\_\_

2. You can pay by credit or debit card. A 2.8% charge will be levied on credit cards and debit cards carry an 85 pence charge. Please add this to the total

Please charge Visa/Mastercard number \_\_\_\_\_ CVV number\* \_\_\_\_\_

\*Last 3 digits on the back of all credit cards

Name of cardholder \_\_\_\_\_ Expiry date \_\_\_\_\_

Address for which card is issued \_\_\_\_\_

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3. Prepayment may be made by guaranteed authorised payment by relevant employing authority.

Please invoice employer. Order number or reference \_\_\_\_\_

Contact name \_\_\_\_\_ Telephone \_\_\_\_\_

Department and address \_\_\_\_\_

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Please send details to: EYAS, 5 Cooper Street, Chichester PO19 1EB