



PRESENTED BY..

Professor Michael Worrell is Head of Department and Consultant Clinical Psychologist at the London CBT Training Centre which is part of Central and North West London Foundation NHS Trust.

Michael has been involved in High Intensity CBT training for England's Improving Access to Psychological Therapies programme (IAPT) since 2008 and has been centrally involved with the development of training programmes in cognitive behavioural couple therapy for depression as well as couple-based interventions for long term health conditions for the IAPT programme.

Michael has published the book 'Cognitive Behavioural Couple Therapy: distinctive features' with Routledge (2015).

WORKSHOP

Many therapists find working with couple issues challenging and can feel deskilled in knowing how to intervene effectively. However, CBT Couple Therapy (CBCT) is a well-established, evidence-based model for working with couples that is recommended by NICE as a treatment for depression. Empirical research has established that CBCT is an effective treatment for couple distress and individual psychopathology through targeting aspects of the couple relationship that may act to maintain a disorder.

In this workshop participants will be introduced to a contemporary CBT model for working with couples. Topics covered will include:

- Understanding a model of relationship functioning and couple distress
- Common patterns of couple interaction that maintain distress
- Cognitive, behavioural and emotion-based interventions for reducing couple distress
- Strategies to target individual psychopathology within a relational context

The workshop will include didactic instruction and demonstrations of key clinical skills. Participants will have the opportunity to practice key interventions. Therapist and client handouts for key interventions will be provided.

EVENT INFORMATION

- *Payment includes lunch & light refreshments.*
- *Please inform of special requests upon registration.*
- *A CPD Certificate will be provided for 6 CPD points.*
- *Car Parking is Eur 05/day with a validated ticket.*
- *Venue information: www.redcowmoranhotel.com*
- *To register, please complete & return the Registration Form.*
- *Registration closes - Friday October 11th, 2019*
- *Places are limited, early booking advised.*

FEES

- *CBPI Member/Associate/Pre-accreditation Member = €120 (Membership Number)*
- *Non Member = €130*
- *Student/Unwaged = €90*

CONTACT

- *For all queries, please email info@cbtireland*

