

## 2011 Master Clinician Workshops in Cognitive Behavioural Therapy

We are delighted to announce our 2011 Master Clinician Workshops. These will give you up to date insights into the latest developments within Cognitive Behavioural Therapy from some of the UK's experts in this field. It will also be an excellent opportunity for your continuing professional development and give you a chance to enhance your clinical skills base. The Workshops will provide an ideal stepping stone for anyone wishing to pursue a career in CBT through our BABCP accredited **Postgraduate Certificate in Psychological Wellbeing Practice** or more advanced training through our **Postgraduate Diploma in Psychological Therapies: Cognitive Behaviour Therapy (High Intensity)** course.

## Master Clinician Workshops

### Workshop 1: Using Behavioural Experiments Effectively

**Dr Martina Mueller**, Consultant Clinical Psychologist, Oxford Cognitive Therapy Centre  
Thursday 10th March 2011, 9.30 a.m. – 4.30 p.m

### Workshop 2: Obsessive Compulsive Disorder - State of the Art CBT Treatment

**Professor Paul Salkovskis**, Professor of Clinical Psychology and Applied Science, University of Bath  
(ex-Institute of Psychiatry)  
Thursday 5th May 2011, 9.30 a.m. – 4.30 p.m.

### Workshop 3: Social Phobia - State of the Art CBT Treatment

**Professor David Clark**, Professor of Psychology, Institute of Psychiatry  
Director of the Centre for Anxiety Disorders and Trauma, Maudsley Hospital  
Thursday 12th May 2011, 9.30 a.m. – 4.30 p.m.

### Workshop 4: Motivational Interviewing - State of the Art CBT Treatment

**Henck van Bilsen**, Director of CBT Programmes, Canterbury Christ Church University – Salomons Campus  
Thursday 19th May 2011, 9.30 a.m. – 4.30 p.m.

### Workshop 5: Collaborative Case Conceptualization - Incorporate Strengths to Build Resilience\*

**Dr Christine A. Padesky**, Distinguished Founding Fellow, Academy of Cognitive Therapy and Co-Founder, Center for Cognitive Therapy, California, USA  
Friday 20th May 2011, 9.00 a.m. – 5.00 p.m.

### Workshop 6: Generalised Anxiety Disorder - State of the Art CBT Treatment

**Dr Helen Kennerley**, Consultant Clinical Psychologist, Oxford Cognitive Therapy Centre  
Thursday 26th May 2011, 9.30 a.m. – 4.30 p.m.

### Workshop 7: Panic Disorder - State of the Art CBT Treatment

**Dr Blake Stobie**, Consultant Clinical Psychologist, Institute of Psychiatry  
Thursday 2nd June 2011, 9.30 a.m. – 4.30 p.m.

### Workshop 8: Health Anxiety - State of the Art CBT Treatment

**Mabel Martinelli**, Counselling Psychologist & CBT Psychotherapist, CBT-Clinic, Cambridge  
Thursday 9th June 2011, 9.30 a.m. – 4.30 p.m.

### Workshop 9: Post Traumatic Stress Disorder - State of the Art CBT Treatment

**Professor Anke Ehlers**, Professor of Clinical Psychology and Applied Science, Institute of Psychiatry  
Thursday 16th June 2011, 9.30 a.m. – 4.30 p.m.

### Workshop 10: Body Dysmorphic Disorder - State of the Art CBT Treatment

**Dr David Veale**, Consultant Psychiatrist, Centre for Anxiety Disorders and Trauma, The Maudsley Hospital  
Thursday 23rd June 2011, 9.30 a.m. – 4.30 p.m.

## Master Clinician Workshops

### Workshop 11: Transdiagnostic Approaches to Treating Anxiety Disorders

**Dr Freda McManus**, Consultant Clinical Psychologist, Oxford Cognitive Therapy Centre  
Thursday 30th June 2011, 9.30 a.m. – 4.30 p.m.

### Workshop 12: Rumination focused CBT for Depression - State of the Art CBT Treatment

**Dr Stirling Moorey**, Consultant Psychiatrist, The Maudsley Hospital  
Thursday 29th September 2011, 9.30 a.m. – 4.30 p.m.

### Workshop 13: Insomnia - State of the Art CBT Treatment

**Professor Colin Espie**, Director, University of Glasgow Sleep Centre  
Thursday 6th October 2011, 9.30 a.m. – 4.30 p.m.

### Workshop 14: Personality Disorders – A Unified CBT Approach

**Henck van Bilsen**, Director of CBT Programmes, Canterbury Christ Church University – Salomons Campus  
Thursday 13th October 2011, 9.30 a.m. – 4.30 p.m.

### Workshop 15: Compassionate Mind in CBT

**Dr Deborah Lee**, Clinical Psychologist, Berkshire Traumatic Stress Service  
Thursday 20th October 2011, 9.30 a.m. – 4.30 p.m.

### Workshop 16: Low Self-Esteem and Depression

**Dr Melanie Fennell**, Consultant Clinical Psychologist, Oxford Cognitive Therapy Centre  
Thursday 27th October 2011, 9.30 a.m. – 4.30 p.m.

### Workshop 17: Chronic, Treatment Resistant Depression – State of the Art CBT Treatment

**Dr Chris Irons**, Clinical Psychologist, Mile End Hospital  
Thursday 3rd November 2011, 9.30 a.m. – 4.30 p.m.

## Fees

£125 per person, per workshop with the exception of \*Workshop 5 which is £150 per person.  
£100 per person when 4 or more workshops/places are booked and paid for at the same time.

## Enrolment

To book your place, please complete our Booking Form printable from our website at <http://tinyurl.com/2u6dpbk> or have one sent to you from Anne Arthur, IAPT Administrator by email to [anne.arthur@canterbury.ac.uk](mailto:anne.arthur@canterbury.ac.uk) or telephone her on 01892 507577.

## Further information

To find out more about our courses and to discuss your career development opportunities, please contact Henck van Bilsen, Director of CBT Programmes by email to [henck.van-bilsen@canterbury.ac.uk](mailto:henck.van-bilsen@canterbury.ac.uk) or telephone him on 01892 507772.