

CBT TRAINING

ADVANCED CBT CONTINUAL PROFESSIONAL
DEVELOPMENT TRAINING EVENTS IN 2018

THURSDAY 31 MAY 2018

DR STIRLING MOOREY: CT IN ADVERSITY

THURSDAY 12 JULY 2018

DR DEBORAH LEE: COMPASSION FOCUSSED CBT
FOR SHAME AND SELF-CRITICISM

THURSDAY 26 JULY 2018

DR ESTHER COHEN-TOVÉE: EATING DISORDERS

THE CURVE, SEMINAR ROOM 1 & 2
GMMH, BURY NEW ROAD, M25 3BL
9.15am to 4.45PM EACH DAY
£70.00 PER EVENT

To book your place email:
karen.sutherland@gmmh.nhs.uk



SPEAKER BIOGRAPHIES

DR DEBORAH LEE

Consultant Clinical Psychologist, is Head of Berkshire Traumatic Stress Service and South Central Veterans Service.

She has worked in the field of trauma for 24 years and specialises in the treatment of PTSD and complex Trauma.

An honorary Senior Lecturer at University College London, she is the author of the *Compassionate-Mind Guide to Recovering from Trauma and PTSD: Using Compassion-Focused Therapy to Overcome Flashbacks, Shame, Guilt, and Fear* (2013). New Harbinger, New York.

Her particular area of clinical and research interest is shame based PTSD and self-criticism. She has developed and pioneered the use of compassion - based treatments, including the use of compassionate imagery in shame based flashbacks, and the concept compassionate resilience as part of a phased based treatment approach to complex PTSD.

She has widely contributed to the dissemination of her clinical knowledge through writing and delivering workshops in North America and Europe.

DR STIRLING MOOREY

Consultant Psychiatrist in Cognitive Behaviour Therapy at the South London and Maudsley NHS Foundation Trust and was until 2013 Professional Head of Psychotherapy.

He is also a Visiting Senior Lecturer at the Institute of Psychiatry, Psychology and Neuroscience, King's College London.

He has a special interest in the application of CBT adversity and in particular psycho-oncology.

He is co-author of "The Oxford Guide to CBT for People with Cancer" Moorey & Greer 2012 and has conducted RCTs using CBT in both early stage and advanced cancer.

In conjunction with Kath Mannix and Nigel Sage he has been actively involved in developing a training package or palliative care professionals which gives them in "First Aid" CBT techniques to use in their everyday work.

DR ESTHER COHEN-TOVÉE

Consultant Clinical Psychologist (@DrEstherCT) is the Vice Chair of the British Psychological Society's Division of Clinical Psychology, BPS Co-Chair of the Accreditation Programme for Psychological Therapy Services (APPTS) Project Board, and Director of AHPs and Psychological Services at Northumberland, Tyne & Wear NHS Foundation Trust.

She has worked in clinical leadership positions in the NHS since 1996.

Esther was Deputy Course Director for the Newcastle CBT Diploma Course in 2000, and has taught CBT for Eating Disorders on postgraduate CBT diploma and Clinical Psychology Doctorate courses in the UK and Europe.

Having jointly led the development of a new accreditation programme for psychological therapies services as a partnership scheme between the BPS and the Royal College of Psychiatrists' Centre for Quality Improvement, together with Service User representatives, Esther continues to be the BPS co-chair of APPTS.

