COGNITIVE BEHAVIOURAL THERAPY FOR POST-TRAUMATIC STRESS DISORDER

AN EVIDENCE-BASED MODEL FOR UNDERSTANDING AND TREATING PTSD

2-DAY WORKSHOP

with Dr Kate Gillespie & Dr Michael Duffy
guest speaker Professor David M.Clark

Friday 19 & Saturday 20 September 2008
WORKSHOPS IN COGNITIVE THERAPY BASICS & BEYOND

This workshop on Post Traumatic Stress Disorder will be the first in a series of workshops, which will cover all aspects of cognitive therapy from core-competencies to disorder-specific protocols.

These workshops will be offered by ‘CT Training’, a new initiative for cognitive therapy training, set up by Dr Kate Gillespie, a psychiatrist specialising in cognitive therapy and a founding fellow of the Academy of Cognitive Therapy at the Beck Institute, USA.

She has many years experience of training in CBT from basic to advanced level and has directed courses at Queens University Belfast and the University of Ulster, as well as developing customised courses for a number of different professional groups.

Details of the full range of training offered will be available shortly.
PROGRAMME
Friday 19th & Saturday 20th September 2008, 9.30AM–4.30PM
( REGISTRATION AT 9AM ON FRIDAY )

Post Traumatic Stress Disorder ( PTSD )
A brief overview of current status & basic facts

Cognitive Behavioural Therapy for PTSD
An introduction to existing evidence-based models

Ehlers & Clark Model of PTSD
Our focus will be on the Ehlers & Clark model of PTSD. This is a new evidence-based cognitive therapy model for understanding and treating PTSD which recognises the importance of the role of appraisals and memory in maintaining this distressing disorder.

Participants will gain a sound understanding of this three faceted approach to treating PTSD:

They will learn how imaginal reliving is used both to fill the gaps in the trauma memory and to elicit unhelpful appraisals ( hotspots ). They will also appreciate how this approach limits the number of reliving sessions to two or three.

They will learn how unhelpful appraisals can be re-evaluated and inserted into the trauma narrative: “Restructuring within reliving”.

They will learn how, within a sound therapeutic relationship, the client/patient is enabled to address the avoidance and safety behaviours that contribute to maintaining the problem.

From Theory to Practice!
Teaching style will be participative and the model will be brought to life through the use of case material, filmed clips, demonstration role plays and small group exercises.
ABOUT THE SPEAKERS

Dr Kate Gillespie FRCPsych. is a cognitive therapist and is currently clinical director of the Northern Ireland Centre for Trauma and Transformation (NICCTT), Omagh. She is clinical director of the Diploma/Masters in CBT at the University of Ulster and is a founding fellow of the Academy of Cognitive Therpay at the Beck Institute, USA. She has extensive experience as a CBT trainer at all levels and her work in PTSD has taken her to Bosnia, New York and Sri Lanka.

Dr Michael Duffy is a cognitive therapist and academic director of the Diploma/Masters at the University of Ulster and is accredited with the Academy of Cognitive Therapy at the Beck Institute. He has presented extensively on PTSD at international conferences including The International Congress of Cognitive Therapy, The International Society for Traumatic Stress Studies and the World Congress of Behavioural & Cognitive Psychotherapy.

Both speakers have collaborated for ten years at the Omagh based Trauma Centre in researching the application of CBT for PTSD using the Ehlers & Clark model. They have contributed to a manual (in press) on it’s application and have published two clinical studies in the BMJ and ‘Behaviour Research & Therapy’. Drs. Gillespie and Duffy were members of the Northern Ireland Department of Health Working Group that produced Treatment Guidelines for PTSD and, following the 9/11 tragedy in the USA, were both invited to provide training in New York for mental health clinicians.

VENUE

Tallaght Cross Hotel, Tallaght, Dublin 24 (Beside Tallaght Hospital)
www.tallaghtcrosshotel.ie
(Special overnight rate of €89 euro [incl breakfast] available for workshop delegates)
GUEST SPEAKER

Professor David M. Clark

will be joining us to lead the Saturday afternoon session of the workshop.

The Ehlers & Clark model of Cognitive Therapy for PTSD, which will be presented at this workshop, was developed by Professors David Clark and Anke Ehlers.

David Clark is Professor of Psychology at the Institute of Psychiatry, Kings College, London. He is also a Director of the Centre for Anxiety Disorders and Trauma at the Maudsley Hospital and Honorary Clinical and Research Advisor to the Northern Ireland Centre for Trauma & Transformation, Omagh. His research has led to the development of new and effective cognitive therapy programmes for Panic Disorder, Hypochondriasis and Social Phobia in addition to PTSD.

It is a rare opportunity to hear first hand from the author who developed this ground-breaking model.
WHO SHOULD ATTEND?
This course is mainly aimed at Mental Health professionals who have some prior knowledge of the condition PTSD and it’s treatment, but do not necessarily have specific experience of trauma-focused cognitive therapy.

APPLICATION FORM

PTSD 2-Day Workshop 19/20 September 2008
Please fill out in full, and return this section with payment to:
CT Training, 3a Harcourt Terrace, Dublin 2, Ireland

Title: | Mr | Mrs | Ms | Dr | Tick as appropriate

Name:

Address:

Telephone:

Email:

Organisation:

Position held:

Course Fee: €350

Cheques made payable to CT Training
Receipts will be automatically provided
Invoices can be provided on request
We cannot accept credit cards
CT TRAINING
CONTACT DETAILS

If you have any queries, please contact:

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VENUE DETAILS

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