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# COGNITIVE BEHAVIOUR THERAPY WITH CHILDREN AND ADOLESCENTS: MAKING CBT WORK FOR INDIVIDUALS, FAMILIES, PRACTITIONERS AND SERVICES

2 – 4 DECEMBER 2009, SELSDON PARK CONFERENCE CENTRE, LONDON

## CONFERENCE PROGRAMME

### Wednesday 2 December 2009

This day of pre-conference workshops presents participants with the opportunity to focus on particular areas of interest and need, maximise the expertise of international presenters and derive greatest benefit from attendance at this special event.

#### PRE-CONFERENCE WORKSHOP ONE

##### TRAUMA-FOCUSED COGNITIVE BEHAVIOURAL THERAPY (TF-CBT) FOR TRAUMATISED CHILDREN AND YOUNG PEOPLE

This interactive workshop will present and explain the cognitive model of PTSD in children and young people. Theory will be outlined, evidence for TF-CBT critically considered, ethical and clinical dilemmas examined and case illustrations to demonstrate practise and outcomes used throughout.

**Presenter:** David Trickey, Consultant Clinical Psychologist and Lead Consultant Clinical Psychologist, Child and Family Trauma Services, Luton

#### PRE-CONFERENCE WORKSHOP TWO

##### COGNITIVE BEHAVIOUR THERAPY FOR YOUNG PEOPLE WITH DEPRESSIVE DISORDERS

The aim of this workshop will be to provide an overview of CBT adapted for the treatment of young people. The specific needs of young people and the contexts in which they live will be considered, the role of developmental and systemic/family issues in adapting therapy and in the formulation will be examined and a range of therapeutic techniques and strategies will be presented.

**Presenters:** Dr Chrissie Verduyn, Joint Clinical Director/Director of Clinical Psychology, Central Manchester University Hospitals; Dr Peter Fuggle, CAMHS Clinical Director, Islington North London and Professor Shirley Reynolds, University of East Anglia, Norwich

#### PRE-CONFERENCE WORKSHOP THREE

##### SYSTEMIC ASPECTS OF CBT WITH CHILDREN AND ADOLESCENTS – FROM THEORY TO PRACTICE

This workshop will encourage delegates to develop their skills in incorporating systemic factors in cognitive-behavioural formulation and develop an increased awareness of a range of strategies that follow from a systemic formulation. It will offer an opportunity to consider theoretical models for systemic CBT formulation and try out new techniques.

**Presenters:** Dr Nicky Dummett, Consultant Child and Adolescent Psychiatrist, Leeds CAMHS and Dr Anne Stewart, Consultant Child and Adolescent Psychiatrist, CAMHS, Oxford

#### PRE-CONFERENCE WORKSHOP FOUR

##### THE NATURE AND TREATMENT OF ANXIETY DISORDERS IN CHILDREN AND ADOLESCENTS USING THE COOL KIDS PROGRAMME

Using a combination of didactic explanation, video case material and demonstration of treatment components, this workshop will discuss the identification, nature and treatment of child and adolescent anxiety disorders using the Cool Kids Treatment Programme. Diagnostic criteria, demographic information, psychometric assessment, psychopathology and treatment will all be discussed.

**Presenter:** Professor Ron Rapee, Professor of Psychology, Macquarie University and Director, Centre for Emotional Health, Sydney, Australia

#### PRE-CONFERENCE WORKSHOP FIVE

##### NEW THERAPEUTIC DEVELOPMENTS IN CHILD CBT: DISORDER-SPECIFIC AND TRANS-DIAGNOSTIC APPROACHES

This workshop will present an overview of the current evidence for CBT as applied to childhood disorders and explore where CBT is currently heading. Using didactic teaching, case discussion and demonstration, delegates will learn what CBT includes and what it does not, and how cognitive theories and the so-called 3rd Wave CBT approaches are influencing child CBT.

**Presenter:** Dr Sean Perrin, Consultant Clinical Psychologist and Leader, Post-Graduate Diploma in CBT for Children and Adolescents, Institute of Psychiatry, London

09.00 **Registration for Conference Delegates**

09.30 **Welcome and Opening Address**

Dr Orlee Udwin, National Academic Secretary, Association for Child and Adolescent Mental Health (ACAMH)

09.45 **Morning Parallel Sessions**

**Workshop: Treating Body Dysmorphic Disorder**

Dr David Veale, Consultant Psychiatrist in Cognitive Behaviour Therapy, South London and Maudsley Trust and Priory Hospital; Honorary Senior Lecturer, Institute of Psychiatry, London

**Workshop: Overcoming Low Mood and Depression in Young People: A Five Areas Approach**

Dr Nicky Dummett, Consultant Child and Adolescent Psychiatrist, St James's University Hospital, Leeds  
Dr Chris Williams, Professor in Psychosocial Psychiatry, University of Glasgow

**Symposium: Can Mentalisation Improve CBT Thinking about how Children Think?**

Professor Peter Fonagy, University College, London; Chief Executive, Anna Freud Centre  
Dr Peter Fuggle, Consultant Clinical Psychologist, Anna Freud Centre; Clinical Director, Islington CAMHS  
Dr Eamon McCrory, Consultant Clinical Psychologist, NSPCC; Unit Co-Director, University College, London

**Symposium: CBT and Neuro-Developmental Disorders**

Chaired by Professor Patricia Howlin, Professor of Clinical Child Psychology, Institute of Psychiatry, London  
Presenters: Professor Helen McConachie and Dr Helen Taylor, Northumberland Tyne & Wear NHS Trust; Dr Vicki Grahame, Fleming Nuffield Unit, Newcastle; Dr Patricia Byrne and Dr Grainne Kelly, North Kildare CAMHS and Laura Brennan, Dublin, Ireland

**Workshop: PACMan – A Parenting Intervention for Young Anxious Children**

Dr Ben Laskey, Division of Clinical Psychology, University of Manchester and Royal Manchester Children's Hospital, Salford

11.45 **Morning Coffee Break**

12.00 **KEYNOTE ADDRESS: Low-Cost Treatments for Anxious Children and Adolescents**

Professor Ron Rapee, Professor of Psychology, Macquarie University and Director, Centre for Emotional Health, Sydney, Australia

13.00 **LUNCH**

14.00 **Afternoon Parallel Sessions**

**Workshop: Using CBT in Adolescents with Early Onset Psychosis**

Dr Sophie Browning, Lead Clinical Psychologist, South London & Maudsley NHS Foundation Trust, London  
Dr Richard Corrigan, Consultant Adolescent Psychiatrist, Snowfields Adolescent Unit, Guy's Hospital, London

**Symposium: Internalising**

David Trickey, Lead Consultant Clinical Psychologist, Child and Family Trauma Services, Luton  
Dr Matt Woolgar, National Academy for Parenting Practitioners and Michael Rutter Centre, London  
Dr Rachel Calam, Ms Jane Marshall and Dr Ben Laskey, University of Manchester

**Workshop: When Less is More: Making CBT Work with "Real" Child and Adolescent Cases**

Dr Alastair Black, Consultant Psychotherapist and Head of Psychological Therapies for the Police Rehabilitation and Retraining Trust, Northern Ireland; Honorary Consultant Psychotherapist, Royal Belfast Hospital for Sick Children and Forster Green's Hospital Child Inpatient Service

**Symposium: Improving Access to Psychological Therapies (IAPT) in CAMHS**

Chaired by Dr Orlee Udwin, Consultant Clinical Psychologist, Ealing and Hounslow CAMH Services  
Presenters: Dr Ayla Humphrey, IAPT Children's Project, Cambridge; Dr Kirsty Pratt, Project Lead for IAPT Service, Bury; Dr Duncan Law, Consultant Clinical Psychologist, Specialist CAMHS, East Herts  
Panellists: Professor Shirley Reynolds, Professor Paul Stallard, Professor Chris Williams and Dr Claire Maguire

**Symposium: Developments in CBT for the Prevention and Treatment of Childhood Anxiety**

Chaired by Dr Cathy Creswell, School of Psychology, University of Reading  
Presenters: Dr Cathy Creswell, Professor Susan M Bögels, Professor Ron Rapee and Dr Lucy Willetts

16.00 **Afternoon Tea Break**

16.15 **KEYNOTE ADDRESS: CBT for Childhood OCD – Some Current Issues and Findings**

Professor Derek Bolton, Professor of Philosophy and Psychopathology, Institute of Psychiatry; Honorary Consultant Clinical Psychologist, South London and Maudsley NHS Trust

17.15 **First Day's Proceeding's Closing Round-Up**

Professor Paul Stallard, Board Member, Association for Child and Adolescent Mental Health (ACAMH)

19.00 **Conference Dinner and Evening Social Programme**

- 09.00 **Registration for Conference Delegates**
- 09.30 **Welcome and Overview of Day's Proceedings**  
Andrew Lewis-Smith, Secretary, Child, Adolescents and Families Special Interest Group (CAFSIG), BABCP
- 09.45 **Morning Parallel Sessions**
- Open Papers: A Collection of Papers presenting Research and Developments on CBT-Related Areas**  
Presenters: Dr Sandra Dunsmuir, Co-Director, Doctorate in Educational and Child Psychology, University College London; Hilary Kennedy, Programme Leader, VEROc Centre, University of Dundee; Dr Rachel Calam, University of Manchester; Laura Obermeier, Clinical Psychologist, Cambridgeshire & Peterborough Foundation Trust; Ella Rands, Clinical Psychologist, Suffolk Mental Health Partnership Trust
- Workshop: Systemic CBT for Adolescent Bulimia**  
Dr Mari Campbell and Dr Ivan Eisler, South London and Maudsley NHS Foundation Trust and the Institute of Psychiatry, King's College London
- Panel Debate: CBT Training, Supervision and Accreditation**  
Chaired by Dr Sean Perrin, Leader, Post-Graduate Diploma in CBT for Children and Adolescents  
Presenters: Margot Levinson, Programme Leader MSc CBP, Derby University; Dr Vicki Curry, CBT Programme Director, Anna Freud Centre, London; Dr Peter Fuggle, Consultant Clinical Psychologist, Anna Freud Centre; Dr Anne Stewart, Joint Co-ordinator, Child and Adolescent Mini-Course, Oxford Cognitive Therapy Centre; BABCP Policy Position Representative
- Symposium: Services for Young People with Obsessive-Compulsive Disorder: using the NICE stepped care model as a framework for service development and provision**  
Chaired by Dr Cynthia Turner, Clinical Psychologist, Maudsley Hospital, London  
Presenters: Dr Isobel Heyman, Dr Sarah Robinson, Chloe Volz, Dr Georgina Krebs and Dr David Mataix-Cols
- Workshop: Integrating CBT and Narrative Therapy: two worlds collide?**  
Dr Lindsey Hampson, Clinical Psychologist, Alder Hey Children's Foundation Trust, Liverpool
- 11.45 **Morning Coffee Break**
- 12.00 **KEYNOTE ADDRESS: Preventing Depression in Adolescents: The PROMISE School Based Project**  
Professor Paul Stallard, Professor of Child and Family Mental Health, University of Bath and Consultant Clinical Psychologist, Avon & Wilts CAMHS
- 13.00 **LUNCH**
- 14.00 **Afternoon Parallel Sessions**
- Workshop: A CBT Approach to Understanding and Treating Anxiety in ASD (focused on clinicians)**  
Dr Fiona Knott, Lecturer, Reading University; Consultant Clinical Psychologist, West Berkshire CAMHS  
Dr Ann Ozsivadjian, Clinical Child Psychologist, Newcomen Centre, Guy's Hospital, London
- Symposium: Parenting: A Collection of Papers presenting Parent-Focused Resources and Programmes**  
Chaired by Dr Matt Woolgar, National Academy of Parenting Practitioners and Michael Rutter Centre, London  
Presenters: Dr Jennifer Allen, Nathan Faulkner, Dr Crispin Day, Rosemarie Roberts, Dr Moira Doolan and Dr Kate Rhee
- Workshop: CBT for Obsessive Compulsive Disorder with Children and Young People**  
Dr Catherine Gallop, IAPT High Intensity Lead, University of Exeter
- Symposium: CBT in Paediatric Settings**  
Chaired by Dr Avril Washington, Consultant Paediatrician, Homerton University Hospital, London  
Presenters: Dr Gayle McKerracher, Consultant Clinical Psychologist, Birmingham Children's Hospital NHS Trust; Dr Eunan McCrudden, Clinical Psychologist, Royal Belfast Hospital for Sick Children; Dr Robyn Miller, Principal Clinical Psychologist, Royal National Orthopaedic Hospital, Stanmore
- Workshop: Dialectical Behaviour Therapy (DBT) with Adolescents**  
Dr Anja Malmendier-Muehlschlegel, Consultant Child and Adolescent Psychiatrist, Lenworth Clinic, Ashford, Kent; Dr Surekha Boggeram, Staff-Grade Child and Adolescent Psychiatrist, Lenworth Clinic, Ashford, Kent
- 16.00 **Afternoon Tea Break**
- 16.15 **KEYNOTE ADDRESS: Mindfulness in Families**  
Professor Susan M Bögels, Professor in Developmental Psychopathology and Director, Academic Clinic for the Treatment of Parents and Children, University of Amsterdam, The Netherlands
- 17.15 **Conference Closing Address**  
Professor Joanna Grave, Chair, Child, Adolescents and Families Special Interest Group (CAFSIG), BABCP
- 17.30 **Conference Close**

## INFORMATION AND BENEFITS

### ... ADVANCING THE STUDY OF CHILD AND ADOLESCENT MENTAL HEALTH

Established in 1956 to advance the scientific study of child and adolescent mental health, the Association for Child and Adolescent Mental Health (ACAMH) is unique in its inclusive approach to disseminating knowledge and education in a multi-disciplinary environment which promotes evidence-based practice. Membership of ACAMH provides a relevant, accessible and affordable range of benefits, access to a diversifying and developing mix of initiatives, activities, publications and academic events aimed at facilitating continuing professional development, and an internationally-based group of like-minded professionals. The extensive range of benefits includes:

- strong national and local network of branches
- training, initiatives and opportunities for continuing professional development, including access to members-only advanced Master Class Series
- opportunities to develop new skills, raise professional profiles, liaise with eminent speakers and set up special interest groups to advance particular areas
- access to good practice guidance, advance insight into the latest developments in the disciplines
- interactive website with virtual discussion forums, external links and up-to-date information
- monthly issues of the high-impact-factor Journal for Child Psychology and Psychiatry
- quarterly issues of the practitioner-based Child and Adolescent Mental Health
- quarterly issues of The Bridge membership newsletter
- electronic access to all ACAMH publications, including “current issues”, “early access” (ie articles before they appear in print) and all past issues
- early notification of ACAMH events and concessionary attendance rates
- members-only conference bursary fund for overseas members based in developing countries
- reduced rates for hiring of conference facilities at ACAMH’s London Head Office
- the only British affiliate to the International Association for Child and Adolescent Psychiatry and Allied Disciplines (IACAPAP)

### ... LEAD ORGANISATION FOR COGNITIVE BEHAVIOUR THERAPY IN THE UK

Already with over 7500 members, including nurses, counsellors, psychologists, psychiatrists and other health professionals as well as students and trainees, the British Association for Behavioural and Cognitive Psychotherapies (BABCP) continues to grow rapidly as interest in CBT expands and the Government funds a £170 million network of centres. Activities, attributes and benefits are multi-faceted:

- only organisation in Britain which accredits CBT therapists
- forum for discussion with CBT users, carers and researchers
- up to £15,000 available in research grants
- lively network of branches and special interest groups
- copies of CBT Today; a new e-journal, tCBT; and the Behavioural and Cognitive Psychotherapy journal
- annual and spring conferences
- latest job and training opportunities
- discounts on publications
- automatic membership of the European Association of Behavioural and Cognitive Therapies (EABCT)

The BABCP Child, Adolescent and Families Special Interest Group is a unique forum which aims to co-ordinate the provision of teaching and training events to all those engaged in delivering CBT to this specialist client-base. The Group:

- ensures the provision of a variety of training events aimed at people with different levels of expertise in CBT with children
- encourages an ethos of discussion and sharing of ideas to promote the development of this field
- provides access to a range of resources covering the spectrum of theory, research and clinical techniques and practice
- brings the CBT community to users of CBT, therapists, clinicians and all interested in mental health issues