

Cognitive Behaviour Therapy @ London South Bank University

School of Health and Social Care
Advanced CBT Symposiums for 2015-2016
09.30 -16.30

London South Bank University invites you to the first event in our second series of engaging and thought provoking Cognitive Behavioural Therapy (CBT) workshops, focusing on Using Imagery in Clinical Practice.

This event, taking place on 4 December and presented by Dr Suzie Hales and Dr Rachel Manser, will cover:

- The demystifying of Imagery
- The research on Imagery from a clinical and theoretical perspective.
- Key Imagery techniques, such as Imagery re-scripting and metacognitive approaches.

If you're a Cognitive Behaviour Psychotherapist, Counsellor, Mental Health Professional or you just have a keen interest in this field of work or study, then this workshop is for you.

To book your place and further information on this and the workshop series please visit www.lsbu.ac.uk/whats-on, email enterprise-events@lsbu.ac.uk, or telephone Cynthia Godley on 020 7815 6934.

The event will be an exciting opportunity to debate and knowledge-share with world class CBT specialists at one of London's top ranking modern universities.

Workshop leaders

Dr Susie Hales is a clinical psychologist and researcher. She worked with Emily Holmes' research team at the University of Oxford for eight years investigating mental imagery in bipolar disorder and developing novel therapeutic interventions using imagery-based CBT techniques. She also works in a NHS service, primarily using CBT to treat adults with chronic or complex difficulties. Susie has a key interest in psychological treatment innovation for bipolar disorder.

Susie has published papers, articles and chapters on aspects of imagery in clinical practice. She is an experienced teacher, delivering workshops and training events to practitioners and trainees from a variety of backgrounds.

Dr Rachel Manser trained on the Oxford Doctoral Course in Clinical Psychology which she completed in 2008. Has worked extensively as a Clinical Psychologist within NHS adult mental health settings, both in primary care settings and services for people with more severe and complex psychological difficulties. Rachel holds clinical supervisory positions and is an experienced CBT supervisor. From 2013 to 2015 she worked with the Mood Action Psychology Project with the University of Oxford providing imagery based cognitive therapy to people with a bipolar disorder diagnosis as part of Professor Emily Holmes' research team.

This second series of workshops covers the following topics:

Date	Speaker	Topic
04/12/2015	Dr Susie Hales and Dr Rachel Manser	Use of Imagery in Cognitive Behaviour Therapy
12/02/2016	Dr Michael Worrell	An Introduction to Cognitive Behaviour Couples Therapy
08/04/2016	Dr Chris Irons	An Introduction to Compassion Focused therapy (working with shame and self-criticism)
10/06/2016	Dr Anna Coughtrey	CBT for Contamination Fears in Obsessional Compulsive Disorder
16/09/2016	Dr Miriam Grover	Cognitive Behaviour Therapy for Eating Disorders
13/11/2016	Dr Bruce Fernie	Metacognitive Therapy for Generalised Anxiety Disorders (GAD)

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