

Workshop: Delivering CBT therapy, supervision and training remotely - approaches, techniques, advantages and challenges

Training within the project

"European therapists' transitioning to remote CBT during the COVID-19 pandemic" (theREMOTEcbt) supported by the European Association for Behavioural and Cognitive Therapies - EABCT

Background:

Since the start of the global pandemic, we have had to consider working remotely, and how to translate evidence-based CBT therapies for different circumstances, including training in CBT and clinical supervision. The evidence base for specific CBT approaches has mostly been developed in an 'in person' setting, although there have been limited amounts of remote working available in CBT before the pandemic.

The workshop will provide an opportunity to consider delivering specific techniques using remote means, consider implications for accessibility, equality and inclusion, and use specific examples to inform discussions. Participants are encouraged to bring specific questions or case examples to help inform discussions on remote delivery.

Aims/objectives:

- To enhance confidence in delivering CBT interventions using remote means, particularly using video conferencing, with reference to other modes such as telephone and instant messaging as ways of delivering CBT
- To consider specific advantages of choice in mode of delivery, for example enhanced creativity in using specific techniques, increasing access to people with disabilities or in remote geographical locations
- To problem-solve potential disadvantages and consider particular domains which may present a challenge in remote working compared to 'in person' CBT
- Remote supervision potential issues and advantages, particularly 'close' supervision, from the perspective of supervisee and supervisor
- Training in CBT, making best use of remote means and troubleshooting

Learning outcomes:

- Participants will have enhanced their confidence in delivering CBT using remote methods.
- Using a creative and evidence-based approach to selecting interventions, participants will have had the opportunity to increase the range of choices and adaptations they can make available for clients.
- Participants will have had the opportunity to practice skills and learn from each other and the facilitator by considering specific case examples and discussing scenarios.
- Participants will have had the opportunity to consider further learning and action planning, building on the workshop content.

17 June 2022

13-16h CET

ONLINE

**via
Zoom
platform**

**Workshop Leader:
Helen Macdonald**



Helen Macdonald is a UK Accredited Cognitive-Behavioural Psychotherapist, Supervisor and Trainer. She has more than 30 years' experience of delivering therapy; providing clinical supervision and teaching. She is a Fellow of the British Association for Behavioural and Cognitive Psychotherapies (BABCP), Consultant in EMDR; Senate Award Fellow of the University of Sheffield and an Associate Fellow of the British Psychological Society.

She is Chief Accreditation Officer and Registrar for BABCP, with overall responsibility for registration of practitioners, supervisors, trainers and courses in CBT and related occupations in the UK and Ireland. She is Training Co-ordinator on the Board of EABCT. Her role has included overseeing development of guidance for delivering CBT, training, supervision and accreditation standards during the COVID-19 pandemic.

Helen has worked in adult mental health since 1983, specialising in CBT from 1990. She is an associate lecturer in CBT at the University of Sheffield, England, and has taught workshops on CBT for persistent pain, long term health conditions and basic CBT skills in the UK, Europe and further afield. She is co-author of the self help book 'Overcoming Chronic Pain' (2nd edition) Cole, Macdonald & Carus (2020).

Please register by June 12, 2022, at :

https://bit.ly/theREMOTEcbt_Workshop2_RF