# Cognitive Behavioural Chairwork In Action

Thursday 7th June 2018, 9-5pm

(registration from 9am, workshop starts at 9.30am)

BPS London Office, 30 Tabernacle Street, London.

EC2A 4UE

Chairwork represents an increasingly popular group of experiential interventions. Research suggests that it is a clinically effective method for treating a range of difficulties including depression, anxiety, self-criticism and childhood trauma, and has been incorporated into many forms of cognitive therapy including CBT, Schema Therapy, Compassion-Focused Therapy, and ACT.

This practice-focused workshop with introduce participants to core cognitive behavioural chairwork techniques. Chair-based interventions for restructuring negative automatic thoughts, improving metacognitive awareness, enhancing perspective taking, and building positive self-beliefs (amongst others) will be outlined through teaching, video presentations, live demonstrations, and practice role-plays.

Aims: By the end of the workshop, delegates will be able to:

- Describe and apply the core forms of chairwork (empty-chair, two-chair and role-play techniques)
- Understand the mechanisms of action underlying chairwork and cognitive behavioural chairwork
- Use chairwork techniques to socialise clients to the cognitive behavioural model, modify negative automatic thoughts, build metacognitive awareness, and construct positive self-beliefs
- Apply process-related skills to enhance the effectiveness of chairwork and overcome common obstacles

**Format:** This experiential workshop will introduce delegates to chairwork and explore how these interventions can be used to enhance CBT. Delegates will observe demonstrations of cognitive behavioural chairwork, develop competency using these techniques, and practice using chairwork-specific process skills. Supplementary workbooks will be provided to all delegates.

**Target audience:** This workshop is suitable for mental health professionals who use CBT including Psychologists, CBT Therapists, Psychotherapists, Nurse Therapists, and Psychiatrists. Individuals who use therapies allied with CBT (e.g. Schema Therapy and Compassion-focused Therapy), as well as Integrative therapists, will also benefit.

**About the facilitator:** Dr. Matthew Pugh is a Senior Clinical Psychologist, accredited Cognitive Behavioural Psychotherapist, and Advanced Schema Therapist (in training). He is Lead CBT Therapist at the Vincent Square Eating Disorders Service (CNWL NHS Foundation Trust) and an Honorary Clinical Lecturer at University College London.

Matthew has authored a number of journal articles related to chairwork and cognitive behavioural chairwork. He has run popular chairwork workshops sponsored by the BABCP, London Eating Disorders Conference, Eating Disorders International Conference, and various NHS Trusts.

Matthew also runs a private practice in Buckinghamshire and is a founding partner at the Better Therapy Partnership.

**Previous feedback:**

- “Superb… Informative, eminently useful, participatory and great fun”.
- “Very interesting and enjoyable in bringing creativity into CBT”.
- “I now feel confident using chairwork with my clients”.
- “The content and the presenter were great… I loved the role-plays”.

**Costs:** Tickets costs £150 each (early-bird price) if booked before the 1st April 2018, and £170 if booked thereafter.

**Booking:** To book tickets, please complete the booking form on page 3 and email it to **events@bettertherapy.co.uk** before Tuesday 5th June 2018. Please note your booking is not complete until payment has been received.

If you have any questions, please contact events@bettertherapy.co.uk.

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## COURSE BOOKING FORM

Please complete the following in BLOCK CAPITALS and email to events@bettertherapy.co.uk before Tuesday 5th June 2018. By completing this booking form, you are agreeing to the T&Cs detailed on page 4.

- **Workshop:** Cognitive Behavioural Chairwork In Action
- **Presenter:** Dr. Matthew Pugh
- **Date and Time:** Thursday 7th June 2018, 9-5pm (registration from 9am, workshop starts at 9.30am)
- **Cost:** Tickets costs £150 each (early-bird price) if booked before 1st April 2018, and £170 if booked thereafter.

**Delegate details**

- Title: First Name: Surname:
- Job Title:
- Organisation:
- Address & Postcode:
- Email:
- Tel no:
- Dietary/additional requirements:
- Would you like to join our mailing list?
- Where did you hear about us?

**Payment details** *(If paying via invoice, we cannot secure your place without an official PO number and the name of the person authorising this invoice)*

Please select your payment method: Invoice ☐ Bank Transfer ☐

### INVOICING DETAILS

- Organisation / Trust Billing Name:
- Invoicing Address & Postcode:
- Finance Contact:
- Contact Number:
- Contact Email:
- Purchase Order (PO) Number:

### BANK TRANSFER BANK ACCOUNT DETAILS

*Please note you may incur a bank charge from Overseas Accounts*

- Account Name: Dr Matthew A Pugh
- Bank Name: NatWest
- Reference: [YOUR NAME]
- Sort Code: 60 09 50
- Account Number: 81079788

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## TERMS AND CONDITIONS

**Payment and booking:** Bookings can only be considered confirmed after we have received payment. Please note bookings close 48 hours prior to the workshop date, unless stated otherwise. Spaces will be given to complete bookings on a first come, first served basis.

**Cancellation and terms:** Our cancellation and changes policy:

- More than one calendar month prior to the event; we will refund the ticket price minus a 10% administration charge.
- Between one calendar month and two weeks prior to the event; we will offer a 50% refund minus a 10% administration charge.
- 14 days or less before the event; no refund or transfer will be offered.

Cancellations must have been received via email and acknowledged by Better Therapy Partnership to qualify for any refunds that may be eligible.

With prior agreement, we are happy to transfer places to other delegates provided that payment has been received, and no later than 48 hours before the workshop. There will be a £10 administration charge per change/transfer.

Please note that in the unlikely event that we will have to cancel a workshop, we will refund any fees already received, but will not be liable for any other costs, e.g. travel and accommodation costs, that may have been incurred.

In the unlikely event we have to change the venue of the workshop, we will provide as much notice as possible and will endeavor to remain at a venue local to London.

Although highly informative, the workshop does not confer a formal qualification or assurance of competence.

**Refreshments:** The workshop cost includes hot and cold refreshments and lunch. If you have any special dietary requirements or allergies, please let us know at the time of booking.

**Accessibility:** If you have any accessibility requirements, please let us know at the time of booking.

## VENUE DETAILS

**Address:** BPS London Office, 30 Tabernacle Street, London. EC2A 4UE

**Underground:** The following stations are less than ten minutes' walk from the venue

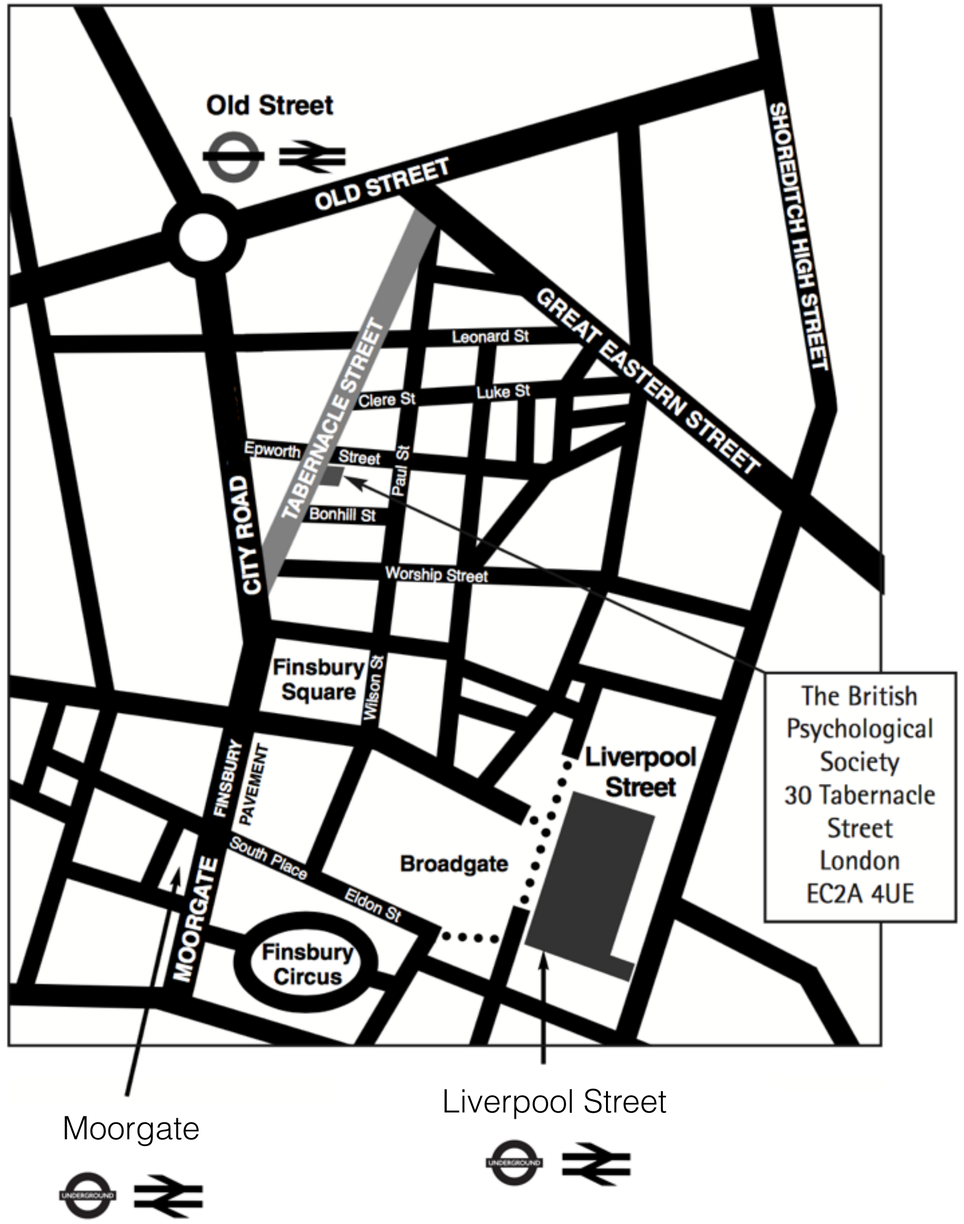
- Liverpool Street: Broadgate exit to Eldon Street/South Place, then right into Finsbury Pavement/City Road
- Moorgate: follow the signs for Moorgate/Finsbury Square
- Old Street: exit 4, City Road south (east side) leading to Finsbury Square

**Buses:**

- Numbers 21, 43, 76, 141, 205, 214 and 271 all stop on City Road/ Epworth Street.
- Numbers 55 and 243 stop on Old Street near Old Street Station.

**From Euston, King's Cross or St. Pancras:**

- Northern Line towards Morden to Old Street (underground)
- Bus 205 (from Euston & King's Cross)
- Bus 214 (from King's Cross)

**Car parking:** Tabernacle Street is a one-way street and should be approached from the Finsbury Square end. NCP car parks are located in Finsbury Square (hourly charge) and Clere Street (half-day or day rate only). Parking spaces for disabled drivers at the NCP car park in Clere Street can be booked in advance through the London Office (subject to availability).

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