

Booking Form

It Works, it is not CBT—The new wave in psychological treatment—
Wednesday 16th September 2009

There is no registration fee to attend this meeting but to confirm attendance and assist with registration please complete and return this form.

<i>Title: Professor / Dr / Mr / Mrs / Ms</i>	
<i>Forename(s):</i>	<i>Surname:</i>
<i>Job Title:</i>	<i>Place of Work:</i>
<i>Address:</i>	<i>Telephone:</i>
<i>Postcode:</i>	<i>E-mail:</i>

Please return this form to:

Manchester Medical Society, c/o John Rylands University Library,
Oxford Road, Manchester, M13 9PP, **before Monday 14th September 2009**

Telephone 0161 273 6048, Fax 0161 272 8046, or email
admin@mms.org.uk

Manchester Medical Society Section of Psychiatry

Symposium
"It works, it is not CBT -
The new wave in psychological
treatment"

Manchester Dental Education
Centre (MANDEC)
Higher Cambridge Street,
Manchester M15 6FH

Wednesday 16th September
2009



Programme

1.30 pm Coffee and Registration

2.00 pm Annual General Meeting of the Section of Psychiatry

Symposium Chaired by Dr Rachel Jukes

2.05 pm **Psychodynamic Interpersonal Therapy**

- The talk will describe the basic model of psychodynamic-interpersonal therapy and its evidence base. The model was developed by Dr R F Hobson and has been evaluated in several large trials.

Professor Else Guthrie, Honorary Professor of Psychological Medicine and Medical Psychotherapy, University of Manchester & Consultant in Psychological Medicine

2.50 pm **Schema Therapy - a vehicle for working with complex patients**

- An outline description of Dr Jeffrey Young's integrative, CBT based, model of psychotherapy including the most recent evidence and developments.
- Mr Fairbanks will then go on to advocate the model as a structure for those who wish to work integratively whilst acknowledging the need for structure in their work with the most complex individuals.
- Components of the model and approach will be discussed as being potentially useful tools for psychiatrists to use in their formulations and on-going contact with those whose personality difficulties are a key factor for their problems

Mr Arthur Fairbanks, BABCP Accredited Cognitive and Behavioural Psychotherapist

Programme

3.35 pm Coffee Break

4.00 pm **Negative Symptoms in Schizophrenia—a new focus for Arts Therapists?**

- NICE has recently recommended that sufferers of schizophrenia be offered Arts Therapies for treatment of their negative symptoms. This talk will briefly outline the research behind this more specific direction for the Arts Therapies, before considering how this may lead Art Therapists to a re-evaluation of therapeutic aims.

Mr James van'Lint, Art Therapist, Greater Manchester West Mental Health NHS Foundation Trust

4.45 pm CLOSE

For psychiatrists, the symposium qualifies for 2 **CPD points** as part of a Personal Development Plan (subject to peer group approval)