

# **Difficult-To-Treat Depression: An Integrated Approach**

Presented by Stephen Barton  
Friday 23<sup>rd</sup> November 2018

**Times:** 9.30am to 5.00pm (Registration from 9.00am)

**Venue:** Hilton Belfast, 4 Lanyon Place, Belfast BT1 3LP

## **About the workshop:**

Cognitive and Behavioural Therapies for major depression produce symptomatic relief in most clients who complete treatment, but relapse and recurrence are significant problems. The best-available evidence suggests that approximately one in three clients enjoy a sustained recovery following CBT. The clients least likely to have good outcomes have highly recurrent or chronic depression, suffered childhood neglect, abuse or trauma, and experienced their first major depression before becoming an adult. Therapists often find it difficult treating this group of clients, and the clients find it difficult helping themselves.

For several years, the Newcastle group have been developing CBT for difficult-to-treat depression, particularly those clients for whom established CBT (such as Beck's CT or Behavioural Activation) have not produced lasting benefits. This workshop will introduce the Newcastle approach, which is an integration of 1st, 2nd and 3rd wave CBT based on a self-regulation model of depression. There will be a particular focus on the relationships between depression and childhood/adult trauma.

## **Workshop leader:**

Stephen Barton is Head of Training at the Newcastle CBT Centre and former director of the Newcastle CBT Diploma. He has doctorates in cognitive science and clinical psychology, and held lectureships at the universities of Leeds and Newcastle. An experienced therapist, supervisor, trainer and researcher, for the past twenty years he has specialised in providing CBT to people with complex mood disorders. His work is devoted to developing therapies for problems that are not currently treatable, with a strong emphasis on personalized healthcare.

Stephen's other clinical interests include training models, interpersonal processes, personal and spiritual development. He is married with three sons and lives in the north east of England.

## **Registration Information:**

BABCP Member: £90

Non Member: £110

Lunch and refreshments will be provided. A CPD certificate for 7 hours will be issued.

**Closing date for registrations is Friday 16<sup>th</sup> November 2018**