



Professor Paul Salkovskis



presents:

Advances in OCD Treatment: Engaging Clients & Achieving Recovery

Tuesday 21st November 2017

At

*Showcase Cinema De Lux Nottingham,
Redfield Way, Lenton, Nottingham, NG7 2UW*

A unique opportunity to learn from the leading expert in OCD

- **Do you find it challenging to work with OCD?**
- **Is it difficult to make sense of numerous obsessions and compulsions?**
- **Do you struggle to fit everything into a meaningful formulation?**
- **Have you found that engaging clients in treatment is difficult?**

Practitioners often find Obsessive Compulsive Disorder a challenging disorder to assess, formulate and treat. Professor Salkovskis will provide salient insights into improving your understanding of OCD. Formulation is essential to devising a coherent treatment plan, yet practitioners frequently struggle with this aspect of the therapeutic process. Learn to become proficient in developing a helpful formulation, which aids both the client and the practitioner. Drop outs are unfortunately commonplace in OCD treatment, and even when clients do engage, progress can be limited if treatment is not delivered effectively. Learn advanced techniques in order to gain your clients' commitment, and to achieve recovery.

Enrich your clinical practice by benefitting from the knowledge, experience and wisdom of Professor Salkovskis. You will also have an opportunity to ask Professor Salkovskis any specific questions.



WORKSHOP INFORMATION

Title: Engaging Clients & Achieving Recovery in OCD Treatment

Speaker: Professor Paul Salkovskis

Professor Salkovskis is renowned worldwide for his passion and contribution to both clinical research and practice. His CBT models for OCD and Health Anxiety are used extensively by practitioners across the world. He has continually worked to reduce the stigma that can unfortunately surround anxiety disorders such as OCD, appearing on television programmes and featuring in the written press.

Professor Paul Salkovskis qualified as a Clinical Psychologist in 1979, at the Institute of Psychiatry and Maudsley Hospital. He worked in Yorkshire as a Clinical Psychologist before moving to the University of Oxford as a Research Clinical Psychologist, and subsequently becoming Professor of Cognitive Psychology. He moved to King's College London Institute of Psychiatry, where he was Professor of Clinical Psychology and Applied Science, and Clinical Director in the Centre for Anxiety Disorders & Trauma at the Institute of Psychiatry from 2000 to 2010. He led the South London & Maudsley and national outpatient OCD service. He is now Professor of Clinical Psychology and Applied Science at the University of Bath where he is also the director of a joint University/NHS national specialist anxiety disorder clinic and Programme Director for the Clinical Psychology Doctorate Programme at Bath. He is currently Editor of *Behavioural and Cognitive Psychotherapy*, and on the editorial board of many international journals. He is chair of the scientific committee of the EABCT conference in 2018 in Sofia, Bulgaria. He is an active Patron of several OCD and anxiety disorder charities and is committed to co-production in research. He has published well over 300 articles and chapters on the understanding and treatment of psychological problems and anxiety disorders. He is President Elect of the BABCP and recently co-authored a treatment manual for the treatment of OCD (*Bream, Challacombe, Palmer and Salkovskis, 2017, CBT for Obsessive Compulsive Disorder, Oxford University Press*) which is a companion volume to the self-help book "Break Free from OCD" (*Challacombe, Bream and Salkovskis, 2014*).

Date: Tuesday, 21st November 2017

Venue: Showcase Cinema De Lux Nottingham,
Redfield Way, Lenton, Nottingham, NG7 2UW

Time: 9.00am - 4.45pm (registration and coffee from 8.30am)

Registration: Staff will be registering attendees in the main foyer

Price: £90 (including training materials, lunch & CPD certificate)

Additional Information: The comfort of attendees is of paramount importance, and we will ensure that you enjoy a unique experience at a modern venue. You will be seated in luxurious leather recliner seats. Professor Salkovskis will be presenting at the front of the auditorium, with training materials (including slides, video clips and audio) displayed on a cinema size screen, with exceptional picture and audio quality. Staff will be on hand with portable microphones, to ensure there are plenty of opportunities for you to engage with Professor Salkovskis, and to ask questions. Refreshments will be provided throughout the day, including lunch.



Travel Information

Map

<https://www.showcasecinemas.co.uk/cinema-info/showcase-cinema-de-lux-nottingham>

Travelling by Car

There is ample free parking available on site.

From the North

From the M1, take Junction 25 and follow the signs to A52 Nottingham. Follow the A52 until you reach the Queens Medical Centre and turn right. Go over the fly-over and keep in the left lane. Take the left-hand exit and follow signs for Multiplex Cinema.

From the South

From the M1, take Junction 24 and follow signs to the A453 Nottingham. Follow the A453 into Nottingham, and follow signs for Lenton Industrial Estate. Showcase Cinema is on the left hand side.

Travelling by Train

The venue is just under 3 miles from Nottingham Train Station.



WORKSHOP BOOKING FORM

Please complete one form for each person attending

Event Title:	Professor Salkovskis: Engaging Clients & Achieving Recovery in OCD Treatment		
Event Date & Venue:	Tuesday 21st November 2017 at the Showcase Cinema De Lux Nottingham, Redfield Way, Lenton, Nottingham, NG7 2UW		
Name:			Title:
Correspondence address:			
Postcode:			
Email address:			
Telephone:	Home:		Mobile:
Special Requirements	Dietary:		
	Disability:		
PAYMENT DETAILS - Please select one option below and complete the relevant details			
<input type="checkbox"/> Bank transfer to the following account: Insight Healthcare Ltd, <u>Sort code: 309391</u> , <u>Account number: 01844090</u> (please make sure that you include your name and 'workshop' as the reference)			
<input type="checkbox"/> Cheque made payable to 'Insight Healthcare Ltd' for the amount of £90 (please write your name and 'workshop' as the reference, on the back). See address below.			
<input type="checkbox"/> Debit/Credit Card - Pay via telephone by calling Harriet Cameron on: 01423 536536			

Cancellation Policy

Please note, workshops cancelled up to two weeks before the event will receive 50% refund of the fee. Events cancelled thereafter will not receive any refund.

Booking forms can be returned via email or post:

Email: harriet.cameron@insighthealthcare.org

Post: **Insight Healthcare, 14 Crown House, Hornbeam Square North, Harrogate, HG2 8PB.**

For General Queries - Email: admin.calderdale@insighthealthcare.org or Tel: 0300 555 0191