

Bespoke Mental Health

Flexible Inspiring Evidence-based

Using Behavioural Experiments in Cognitive Therapy

Webinar: 7th December 2021 10am-11.30am



Dr Nick Grey is a Consultant Clinical Psychologist and Clinical Research and Teaching Fellow at Sussex Partnership NHS Foundation Trust.

Introduction

Behavioural experiments are one of the most powerful means to cognitive change. They are now used in all contemporary CBT approaches.

Content

This webinar will help participants use behavioural experiments most effectively with their clients. It will describe when to and how best to set the cognitive platform for behavioural experiments. There will be videos of behavioural experiments both inside and outside the therapy office.

Learning objectives

1. Understand the theory behind behavioural experiments
2. Be able to set up and do behavioural experiments
3. Be able to learn from them and plan next steps
4. How to use a standard behavioural experiment form
5. Be able to overcome some difficulties with behavioural experiments

Training modalities

Videos of behavioural experiments; opportunity for participants to reflect on their own work; Nick will discuss how to overcome obstacles to effective use of behavioural experiments.

Key references

Bennett-Levy, J., Butler, G., Fennell, M., Hackmann, A., Mueller, M., & Westbrook, D. (2004). *Oxford Guide to Behavioural Experiments in Cognitive Therapy*. Oxford University Press.

McMillan, D. & Lee, R. (2010). A systematic review of behavioural experiments vs. exposure alone in treatment of anxiety disorders: a case of exposure while wearing the emperor's new clothes? *Clinical Psychology Review*, doi: 10.1016/j.cpr.2010.01.003

Presenter biography

Nick is a Consultant Clinical Psychologist and Clinical Research and Teaching Fellow at Sussex Partnership NHS Foundation Trust. Nick is a BABCP-accredited practitioner, supervisor and trainer. He is the co-editor of 'How to become a more effective CBT therapist' (2014, Wiley).

Who should attend?

CBT therapists including IAPT HI therapists and other CBT staff who would like to improve their use of behavioural experiments in their clinical practice

Booking this event

Booking opens soon.