Social Anxiety and Imagery

In this workshop, Dr Lusia Stopa will demonstrate strategies for changing the view of the self in social anxiety and other disorders. On the first day of this workshop, Dr Stopa will present current cognitive models of social anxiety disorder. She will provide an overview of treatment for social anxiety disorder and will concentrate on showing participants methods for changing the negative images of the self that maintain social phobia in conjunction with other cognitive biases such as self-focused attention. This will provide an introduction to the importance of negative images and of working with these images in cognitive therapy. On day two, Dr Stopa will discuss the role of imagery in cognitive therapy. She will focus particularly on the way in which images can represent the self and on techniques such as imagery rescripting that can be used across a range of disorders. Learn how to:

• Assess negative self-images
• Use video feedback to change distorted self-images
• Implement imagery interventions
• Use imagery rescripting to address negative meanings about the self

Dr Lusia Stopa is the Director of the Cognitive Therapy Programmes that are run in the School of Psychology at the University of Southampton, which train mental health professionals to become effective cognitive behavioural therapists. She also holds an honorary Consultant Clinical Psychologist post with Southern Health NHS Trust and has been researching, teaching, and practising cognitive therapy for over twenty years. Her research focuses on the role of imagery in anxiety disorders and she has published widely on imagery in social phobia. Her recent book, “Imagery and the threatened self: Perspectives on the self and mental imagery in cognitive therapy”, has brought together work on imagery and on the self. She has recently edited a special issue of Cognitive Behaviour Therapy on imagery rescripting. Her current clinical practice concentrates on the anxiety disorders and in particular on social phobia and the role imagery plays in treatment.

This workshop is suitable for mental health professionals including clinical and counselling psychologists, counsellors, social workers, mental health nurses and CBT practitioners. This workshop will contribute 12 hours Continuing Professional Development.

14-15 March 2013  09.30 – 16.30
The British Psychological Society
30-34 Tabernacle Street
London Finsbury
EC2A 4UE

Prices including lunch & refreshments
Until 14th Feb 2013 - £240 plus vat
From 15th Feb 2013 - £270 plus vat
For more information or to reserve a place visit:-
www.grayrock.co.uk
www.stantonltd.co.uk