

A Skills Based Approach to Treatment Resistant Depression (Module 2)

These mindfulness-based therapeutic techniques target the key features of behavioural over-control and emotional constriction.

In this workshop, delegates will learn and practice the following skills :-

- Orientation and Commitment Strategies
- Changing Social Behaviour by Changing Physiological Arousal
- Approaching Novelty and Trying New Things
- Being Open to Feedback - determining whether to accept or reject feedback
- Learning to be more intimate in relationships and express vulnerable emotions
- Learning How to Validate Others

Thomas R. Lynch is a Professor in the School of Psychology at Southampton University and Director of the Emotion and Personality Bio-behavioural Laboratory. He is a world-leading researcher and senior trainer of Dialectical Behaviour Therapy (DBT). His research focus is on understanding personality/mood disorders and their interface with basic emotion processes.

He has received multiple large research grants from a range of sources, including the National Institutes of Health, National Alliance for Research on Schizophrenia and Depression, American Foundation of Suicide Prevention, and the Hartford Foundation. Currently he is the Chief Investigator of a multi-centre randomized controlled trial of a new DBT treatment approach for chronic and treatment resistant depression funded by the Efficacy and Mechanism Evaluation programme and Medical Research Council—Project REFRAMED. He is a recipient of the John M. Rhoades Psychotherapy Research Endowment and a Beck Institute Scholar. His book outlining a new DBT adaptation, entitled Dialectical Behaviour Therapy for Treatment Resistant Depression; Targeting Emotional Over-Control is forthcoming.

Professor Lynch is well-known for being an authoritative, entertaining and charismatic speaker.

This two-day workshop is suitable for mental health professionals including clinical and counselling psychologists, counsellors, social workers, mental health nurses and CBT practitioners. Delegates should have attended Professor Lynch's foundation workshop on Treatment Resistant Depression.

This workshop will contribute 12 hours towards CPD requirements

12th -13th Sept 2012 09.30 – 16.30

Oriel College

Oriel Square

Oxford University

Oxford

OX1 4EP

Prices including lunch & refreshments

Until 12th Aug 2012 - £240 plus vat

From 13th Aug 2012 - £270 plus vat

For more information or to reserve a place visit :- www.stantonltd.co.uk

www.grayrock.co.uk

Oriel College, in the centre of Oxford, was founded in 1326 by Edward II as “The College of the Blessed Virgin Mary.” It takes the name Oriel from the projecting window of one of the original fellows houses on the site of the now Front Quad. It is the fifth oldest of Oxford's colleges and its alumni include Walter Raleigh, Gilbert White and Cecil Rhodes. It was the last of the Oxford colleges to admit women (in 1984). Further details can be found at oriel.ox.ac.uk.



Lunch will be served in the magnificent dining hall



The Harris Lecture Theatre is a state of the art, ground floor, lecture theatre with toilet facilities and breakout rooms within the same building.

Delegates wishing to get the Oxford student experience can go to www.oxfordrooms.co.uk and book a room online (these rooms are basic and please note that Oriel College does not participate in this scheme) or for a full range of accommodation in Oxford go to www.visitoxfordandoxfordshire.com