LOW INTENSITY CBT DAY

Wednesday, 24th July 2024

A special one-day meeting on low intensity CBT will be held on Wednesday, 24th July at the University of Manchester during the BABCP Annual Conference. The day will be available for delegates to attend in person or online.

DRAFT PROGRAMME

Welcome and agenda setting

*Liz Kell, Exeter University and Samantha Torney, Shropshire, Telford and Wrekin Talking Therapies Service*

National research project: Exploring the wellbeing of trainee LICBT practitioners and recommendations for HEIs and services

*Al Laville, Samiyah Khan, and Lucy Upson, University of Reading*

Compassion research in Low Intensity CBT

*Rachel Newman, University College London*

From Practice to Research and Teaching in a global perspective

*Amy Blakemore, University of Manchester*

Roundtable on experiences of completing LICBT research

*Al Laville, Samiyah Khan, Lucy Upson, Rachel Newman and Amy Blakemore*

Writing for journal publication

*Jason Ho, Kings College London*

Writing for CBT Today

*Anjali Mehta Chandar, University of Reading*

Story telling approaches to writing

*Liz Kell, Exeter University*

Roundtable discussion on experiences of writing and publishing

*Samantha Torney, Jason Ho, Anjali Mehta Chandar and Liz Kell*

Padlet to capture main take-home points from the audience and what they would like to see in the next event and

closing comments

*Liz Kell, Exeter University and Samantha Torney, Shropshire, Telford and Wrekin Talking Therapies Service*

Delegates registered to attend the full conference or have registered for a day registration on 24th July can attend all or part of this day. Delegates who only wish to register for this day independently of attending the conference can do by using this link. There is a special rate for BABCP registered Wellbeing Practitioners who wish to attend in person or online.