



BABCP **52nd Annual Conference** **& Workshops**

23-26 JULY 2024 | UNIVERSITY OF MANCHESTER

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