



The
British
Psychological
Society

Chartered Psychologist

SDS Seminars
Learn & Use Tomorrow



8 VENUES
around the UK

SDS Ltd presents a one day seminar on one of our most demanded topics

Anxiety: New Challenges & Interventions

Are you ready for anxiety to replace depression as the primary mental health problem in the U.K.?

Until the late 1980s, anxiety as a mental health problem was significantly more common than depression in the UK. Over the last 20 years this situation has reversed with an estimated 1.8 million new cases of depression arising each year (Lavender 2008). New data already suggests however that the pendulum is beginning to swing back the other way (APMS 2009). This growing trend in anxiety based problems will continue, presenting new challenges for practitioners working with clients with psychological difficulties.

This highly practical and evidence based course run by Consultant Clinical Psychologist **Paul Grantham** will outline the evidence for the growing anxiety epidemic and will explore the current state of knowledge and evidence based skills for addressing **anxiety based problems including: GAD and chronic worry, PTSD, OCD and phobic problems.**

Issues addressed include:

- The evidence for the coming "anxiety epidemic"
- Why "Anxiety Management" can increase anxiety
- Why relaxation techniques frequently do not reduce anxiety
- Research that indicates that worry is often used by clients to prevent anxiety !
- Evidence based CBT and non-CBT approaches to addressing anxiety problems including OCD
 - Imagery and anxiety - why negative mental images evoke stronger anxiety than negative verbal thoughts and how such images play MORE of a role with some anxiety problems rather than others
 - Four simple cognitive techniques to address negative imagery in cases of social anxiety and PTSD
 - The central role of meta-cognitions in worry and anxiety (GAD) and how to address them
 - The evidence for how suppressing intrusive negative thoughts increases them and the therapeutic implications of this
 - The role of mindfulness and acceptance in anxiety
 - Review of current research regarding PTSD

"This growing trend in anxiety problems will continue, presenting new challenges for practitioners working with clients with psychological difficulties."



www.skillsdevelopment.co.uk



"Found this course extremely enjoyable, useful tips and excellent pace."

G.N., Senior Drugs Worker

"Excellent, thought provoking and knowledgeable presenter – would make me consider other seminars from SDS."

E.K., Education Psychologist

Seminar Programme

09.15 Registration and refreshments (for 10.00 am start)

10.00 The new "anxiety epidemic"

- Historical background
- The relationship between economy, culture and mental health problems
- Age, ethnicity and gender issues

10.30 The limitations of "traditional anxiety management" approaches

- Current evidence base
- The paradox of control and suppression
- The limitations of a purely educational and skills training model
- A BSFT approach to anxiety

11.15 Refreshments

11.45 Working with meta-cognitions in anxiety

- The central role of meta-cognitions with GAD and worry
- Strategies for identifying and weakening dysfunctional meta-cognitions

12.20 The role of cognitive imagery in PTSD and phobic reactions

- Research summary on the role of visual cognitions and anxiety
- Visual cognitive techniques and anxiety

13.00 Lunch

14.00 The role of acceptance strategies in addressing anxiety problems

- The current evidence base
- Mindfulness and anxiety
- The contribution of other 3rd wave approaches

14.45 Working with OCD

- How "cognitive" do interventions have to be?
- Working with "unmotivated" OCD clients

15.15 Refreshments

15.45 PTSD

- The limitations of psychological debriefing
- CBT vs. BSFT vs. EMDR approaches

16.30 Finish

Quality seminar materials on a free CD including photocopiable worksheets, checklists and forms to use immediately with your clients

Certificate of Attendance

Practical video demonstrations of techniques

Lots of opportunities for raising questions and discussion with tutor and colleagues

Post seminar clinical supervision and consultancy (limited availability)

About The Skills Development Service Ltd: SDS Ltd is a leading national training organisation of long standing delivering high-quality training in health, social services, education and counselling. We focus on psychological skills training as it applies to helping others, as well as to personal and managerial development. SDS tutors are chosen for their professional qualifications, practical knowledge, experience and reputation for excellent communication skills. We use a wide range of learning techniques as our aim is to provide you with the highest possible standard of training and enable you to make immediate use of your learning. Our training is evidence-based, very practically focused and always delivered in an engaging way which leads to excellent evaluation and delegate feedback.

www.skillsdevelopment.co.uk

"Excellent, relaxed and informative. Was able to take away instant techniques to work with clients. Another brilliant course from SDS delivered by a knowledgeable speaker. Thank you."

D.M., Counsellor, Bristol

Who should attend?

All health and social care professionals who want to develop new ways of working effectively with clients within time constraints:

Occupational Therapists, Speech & Language Therapists, Dietitians, Psychologists, Psychotherapists, Counsellors, Doctors, Nurses, Midwives, Health Visitors, Social Workers, Care Staff, Outreach Workers, Housing Support Staff, Probation Officers, Substance Misuse Workers, Community Practitioners, Youth Workers and all those helping people to change

What would you do in the following situations?

Dianne (34 yrs) is socially very anxious and withdrawn, avoiding socialising with anyone she has not already met. She constantly worries that people stare at her and think her "strange" and "ugly". She has already seen two therapists who have made no headway with her and who, she says, "made her feel worse"

Carl (56 yrs) has been told by his boss that his job is "at risk" for financial reasons. Additionally, he was in a car accident a month ago which has left him feeling increasingly unable to drive to work. He is continuously caught between worries about losing his job and fearing another accident if he uses his car.

Kay (17 yrs) has recently developed OCD connected with counting rituals which she performs every morning and before she goes to bed. These are connected with concerns about her parents dying and started three months ago following her parents separation.

If you need answers to these or similar questions – this seminar is for you. This day will give you ideas on how to approach these and many other difficult cases in new and constructive ways

About the course tutor



Paul Grantham, Consultant Clinical Psychologist is a clinical psychologist with extensive NHS, Social Services and training experience. He has worked extensively within the NHS and has trained staff in health care, social services, local government and education around the UK. He has written on a range of therapy and helping issues. He has a particular interest in why people do NOT change and currently focuses on overcoming obstacles to behaviour, emotion and attitude adaption in clients. An extensively informed, clinically experienced and humorous speaker he is known for his emphasis on the practicalities rather than just the theory of client-based work.

Visit our website for further information on this and other courses, to download the application forms for this or other courses, to book your place or to check availability - it is updated daily:

www.skillsdevelopment.co.uk

"This is the third course I have been to with this speaker and I have always found him to be excellent."

S.C., Drugs Worker, Manchester

"Most informative, understandable and stimulating. A very enjoyable training day."

C.F., Counsellor, Glasgow

"Best seminar I have ever been to! Excellent course!"

A.P., OH Nurse, London



Booking Conditions – please read carefully

Please feel free to photocopy the form for multiple bookings

Booking constitutes a contract.

Course fee

- **UK: £99 + VAT (£113.85) per delegate to include refreshments and course materials.**
- **Block bookings:** Groups of 4 or more save £5 per person - IF all applications are made in a single envelope with a single authorisation letter or payment.

How to book

DETACH the booking form below (photocopies acceptable) and either:

- Send with a cheque for £113.85 made payable to The Skills Development Service Ltd to: SDS Ltd., P.O. Box 254, UCKFIELD, TN22 9BN
- Send OR Fax: 0870 199 1838 with LETTER OF AUTHORISATION or purchase order from employer showing name & address to send invoice to.
- Telephone: 0870 241 7294 giving credit card details.
- Web: www.skillsdevelopment.co.uk giving credit card details.
- No *provisional* bookings taken.

Cancellations

- Cancellation *in writing* up to 14 days prior to the course leads to a refund minus a £15+VAT admin fee (**or** a full credit note for a future course – optional).
- Cancellation *in writing* up to 7 days prior to the course leads to a credit for a future course minus a £15+VAT admin fee.
- Cancellations less than 7 days before the event or failure to attend on the day will leave the individual who is invoiced fully liable for payment. No refund will be made in such instances either. We recommend insurance is taken out to cover such eventualities.
- SDS reserves the right to substitute trainers and/or move venues or postpone and reschedule courses in exceptional circumstances. If you are unable to attend the rescheduled event you will be given a full credit for a future seminar.

To change delegates or locations: Delegates may be substituted at any stage prior to the course as long as SDS Ltd are notified beforehand. We will also change locations if the newly preferred venue is not already full.

Dates & Venues

27 November 2009	London	08 December 2009	Birmingham
01 December 2009	Belfast	09 December 2009	Bristol
02 December 2009	Harrogate	10 December 2009	Glasgow
03 December 2009	Manchester	15 December 2009	London
07 December 2009	Nottingham		

Detach and retain top of form for your reference

Anxiety: New Challenges & Interventions

Code: WEB

COURSE DATE _____ COURSE LOCATION _____

DELEGATE NAME _____

JOB TITLE _____

ADDRESS _____

_____ POST CODE _____

TEL No: _____ FAX No: _____

E-MAIL: _____

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