



ANZACBT

AOTEAROA NEW ZEALAND ASSOCIATION
FOR COGNITIVE BEHAVIOURAL THERAPIES

WORKSHOP & CONFERENCE 31ST OCT / 1ST NOV 2016 CQ HOTEL WELLINGTON

Naumai, haere mai

Welcome to our annual workshop & conference

About the Conference

AnzaCBT is excited to announce that Professor Kate Davidson will be holding a one-day pre-conference workshop (31st October) on *CBT for Personality Disorders*. She will also be delivering the keynote address, entitled *Seeing Beyond the Diagnosis... Has CBT Deepened our Understanding of Personality Disorders?*

We will also have a range of presentations and in-conference workshops from other CBT practitioners.

Register before August 12th to receive a \$100.00 earlybird discount on your registration fee.

We look forward to seeing you there!

Call for papers

Open paper presentations are an opportunity to present your research, a case study, or a theoretical idea, to a wide audience of like-minded individuals interested in CBT.

It is an opportunity to showcase your work as well as a great chance to meet other trainees, students, researchers, and clinicians.

If you are interested in presenting, please fill in your details by July 15th at cbt.org.nz/events/conference/paper-submission

If you have any questions or ideas about making a presentation at the conference, please contact scientificcommittee@cbt.org.nz

visit
CBT.ORG.NZ/EVENTS/CONFERENCE
for registration and additional information

Workshop on CBT for Personality Disorders

This one-day workshop (31st October) is suitable for clinicians trained in CBT and who have experience of working with people with a range of mental health problems. The workshop is designed to update clinicians' knowledge of personality disorders and to give them some skills to deliver CBTpd under supervision.

The main aims of the workshop are to enable clinicians to:

- a) have enough knowledge of the development of personality disorder to formulate problems within a CBTpd model;
- b) convey the formulation in a narrative form to the client;
- c) develop an appropriate therapy plan, including skills to regulate emotions & reduce impulsive self-harm behaviour.

CBTpd is designed for the treatment personality disorders in out-patient mental health community settings. The therapy has undergone rigorous evaluation particularly using participants diagnosed with BPD and Antisocial PD and has been assessed in single case studies and in randomised controlled trials BOSCOT, MASCOT and ENGAGE (Davidson et al., 2006, 2009, 2013, 2014). The workshop will address a range of personality disorders, but draws upon extensive examples from BPD and Antisocial PD.

Professor Kate Davidson



Kate Davidson is Honorary Professor of Clinical Psychology at University of Glasgow. She is a graduate of the University of Edinburgh where she completed her MA in Psychology, Clinical Psychology training and PhD.

She was founding Director of the Glasgow Institute of Psychosocial Interventions, NHS Greater Glasgow and Clyde and the South of Scotland CBT course. She is a Fellow of the British Psychological Society and Honorary Fellow of the British Psychotherapies (BABCP). She was Editor of the journal *Personality and Mental Health* until 2015. She was past President of the British and Irish Group for the Study of Personality Disorder and Board member of the International Society for the Study of Personality Disorder. She is Editor of "The Matrix" for evidence based psychological therapies with NHS Education Scotland. She is currently a Trustee and Honorary Secretary of BABCP.

She has published extensively, lectures and gives workshops in CBT for personality disorders across the UK and internationally. Her research and clinical work focuses on developing CBT for the treatment of antisocial and borderline personality disorders in both community and forensic settings.

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