

Aotearoa New Zealand Association for
Cognitive Behavioural Therapies

Annual Conference + Workshop 2015

29-30th October, Waipuna Hotel Auckland

Earlybird extended until Friday 11th September!

This year we are excited to announce that Professor Tracey Wade from Flinders University, Adelaide, will be offering a one-day workshop on Cognitive Behavioural Treatment of Clinical Perfectionism, as well as giving the keynote address at the Conference. We also have a range of in-conference workshops from experienced CBT practitioners, and presentations on current developments in CBT.

Conference Pricing

Early Bird (closes 11/9/2015)

Standard rate (after 11/9/2015)

	Student	Member	Non-Member	Student	Member	Non-member
Conference only	\$120	\$225	\$275	\$170	\$325	\$375
Workshop only	\$175	\$225	\$275	\$225	\$325	\$375
Conference & Workshop	\$250	\$350	\$400	\$300	\$450	\$500

Accommodation

The conference will be held at Waipuna Hotel and Conference Centre, Mt Wellington, Auckland. For more information visit www.waipunahotel.co.nz. If you would like to make a booking, please contact the Waipuna reservations manager Shabnam Khurana at res@waipunahotel.co.nz and quote the booking code "ANZA1015" to receive a special accommodation rate of \$171.35 per room per night.

We look forward to seeing you at the conference!



Waipuna Hotel

Situated in Mount Wellington, the Waipuna Hotel offers 4-star accommodation and is set amongst 6.26 acres of parkland overlooking a lagoon, which offers a charming walk around its perimeter.

visit
cbt.org.nz/events/conference
for registration & additional information

for conference-related enquiries, email conference@cbt.org.nz

About the Workshop | Thursday, 29 October, 2015

Cognitive Behavioural Treatment of Clinical Perfectionism

Professor Tracey Wade, Dean, School of Psychology, Flinders University



Professor Tracey Wade was awarded the Ian M Campbell memorial prize for outstanding contribution to the scientific or professional status of Clinical Psychology in Australia in 2000 and in 2003 she was awarded the Australian Psychological Society Early Career Award. She has worked as a clinician in the area of eating disorders for over 20 years. She is on the Management Committee responsible for the oversight and development of the new Statewide Eating Disorders Service in South Australia and is a member of the Steering Committee of the National Eating Disorder Collaboration. Her current research interests are in the aetiology, prevention and treatment of eating disorders and she has over 140 publications in peer reviewed journals.

This practical workshop will focus on a model of “clinical perfectionism” which describes people who set extremely high standards for performance, are very concerned over making mistakes, and base self-evaluation on how well these standards are met.

The workshop will provide information on assessment and collaborative case formulation and therapeutic pitfalls to avoid with this population, as well as presenting a range of specific cognitive behavioural techniques that can be incorporated into an individualized treatment plan. This treatment is evidence-based and has been found to not only reduce perfectionism, but also reduce a range of psychopathology despite the symptoms not being targeted directly in treatment. As such, the approach outlined is appropriate for many clients seen in clinical practice who have elevated perfectionism and a range of different disorders.

The workshop is appropriate for clinicians from a range of professions, and will be useful for the beginning level clinician and those enrolled in graduate training programs, through to clinicians with many years of experience who may struggle with a lack of available guidance in the treatment literature about how to approach the numerous clients they see where perfectionism is a large part of the presenting problem.

Learning outcomes:

- To understand the model of clinical perfectionism and how this relates to the development of a case conceptualisation with individual clients.
- To understand what is required in the process of engagement with a client.
- To develop a flexible set of tools for use in an integrated treatment approach with clients.

References:

- Shafran R, Egan SJ, & Wade TD. (2010). Overcoming Perfectionism. Constable Robinson.
- Egan SJ, Wade TD, Shafran R, & Antony MM. (September 2014). Cognitive-Behavioral Treatment of Perfectionism. New York: Guilford Press.

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ANZACBT

AOTEAROA NEW ZEALAND ASSOCIATION
FOR COGNITIVE BEHAVIOURAL THERAPIES

ANZACBT ANNUAL CONFERENCE PROGRAMME 30 October 2015	
8.00 - 9.00am	REGISTRATION
9.00 - 9.15	WELCOME & POWHIRI
9.15 - 10.15	KEYNOTE
	Professor Tracey Wade: Prevention of mental health problems in youth: Searching the hype for evidence
10.15 - 10.35	TEA
10.35 - 11.35	Short Presentations
	Emma Johnson: Recommendations for the use of therapist self-disclosure in CBT
	Paul Schreuder: Myopia about CBT
	Kirsten van Kessel: A NZ pilot randomised controlled trial of an Internet based CBT intervention (MSInvigor8) for multiple sclerosis fatigue.
11.35 - 12.35	Case Studies
	Aram Kim: Conceptualising Generalised Anxiety Disorder
	Nicole Cope: CBT and drug dependency
	Ngarongo Ormsby: Maunga ki Runga me te ki Raro- CBT Maori style
12.35 - 1.30pm	LUNCH & AGM
1.00 - 1.30	AGM
1.30 - 3.00	Workshop
	Angela McNaught & Lynley Stenhouse: "I tried to do the activity schedule but it just didn't work" - The secret to working with difficult clients
3.00 - 3.15	TEA
3.15 - 4.30	Symposium:
	Delivering Low Intensity CBT interventions: Opportunities and Challenges
	Amy Montagu and Inga Forman: Help Yourself to CBT
	Mei Williams: Low Intensity CBT with Asians living in NZ experiencing symptoms of Anxiety and Depression
	James Martyn: Well-Being in later years: Guided self-help for community dwelling older adults
4.30 - 4.45	Bev Haarhoff: Developing metacompetence in Low intensity practitioners: evaluating a SP/SR program for experienced low intensity practitioners in the UK.
	CLOSING

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Conference preview | Friday, 30 October, 2015

“I tried to do an activity schedule but it just didn’t work!” - The secret to working with difficult clients



Angela McNaught
Clinical Psychologist & Senior Lecturer

Lynley Stenhouse
Clinical Psychologist & Private Practitioner

As a therapist, do you often find yourself wondering why a technique just doesn’t seem to work? Our experience is that therapists will give up on the strategy or technique and find themselves stuck, not knowing where to go next. This can be disconcerting for a therapist, and problematic for a client.

This interactive workshop will help you to understand how you got stuck and work out where to go next, particularly with your most difficult clients. We have pooled our collective 30 years of experience (argh!) and our extensive knowledge of CBT (we have both taught or teach on the Post-Graduate Diploma in CBT at Massey) to come up with the secret to managing tricky clients.

Additional conference presenters include:

Emma Johnson: Recommendations for the use of therapist self-disclosure in CBT

Kirsten van Kessel: A NZ pilot randomised controlled trial of an Internet based CBT intervention (MSInvigor8) for multiple sclerosis fatigue

Paul Schreuder: Myopia about CBT

Aram Kim: GAD (case study)

Nicole Cope: CBT and drug dependency (case study)

Ngarongo Ormsby: Maunga ki Runga me te ki Raro - CBT Maori style (Case Study)

AND a number of clinically relevant case presentations

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Conference preview | Friday, 30 October, 2015

Symposium: Delivering Low-Intensity CBT interventions in a variety of forums and formats

Conceptualised as a new model of delivering psychological therapies such as CBT, and first developed in England as part of the Improving Access to Psychological Therapies initiative, Low intensity (LI) methods of CBT are a relatively new addition to evidence-based practice. It has been recognised that existing psychological therapy services could not meet the demand being placed on them without a very large increase in mental health funding. LI Intensity therapy represents a new approach to delivering evidence-based treatments leading to a revolution rather than evolution in service delivery. The focus of such approaches is on using the minimum level of intervention to create maximum gain. They aim to increase people's access to evidence-based methods of therapy whilst removing many of the major issues associated with traditional treatment methods, such as lack of access to skilled practitioners, long waiting lists, financial limitations, and inaccessibility to many in the wider community. LI Practitioners are identified as a relatively new addition to mental health service delivery in the UK. These workers are differentiated from traditional mental health practitioners by a shorter training period, the delivery of a circumscribed number of CBT interventions and a very high weekly patient load.

The following papers will present a number of studies examining the impact of low intensity intervention in the New Zealand context:

1. **Amy Montague & Inga Forman:** Help yourself to CBT
2. **James Martyn:** Well Being in Later years: Group Guided CBT self-help for community dwelling older adults experiencing low mood
3. **Mei Williams:** Low Intensity CBT with Asians experiencing symptoms of anxiety and depression in Auckland, New Zealand
4. **Bev Haarhoff:** Developing metacompetence in Low Intensity practitioners: Evaluating a Self-practice /self-reflection program for experienced low intensity practitioners in the UK

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