

# Attachment Narratives & CBT in Complex Cases

**Tuesday 9 November 2021**

Virtual Event via Zoom

9.15am Registration/Login, 9.30am Welcome and 4.00pm, Close

Attachment theory deepens our understanding of the person from a developmental perspective. Combining insights from CBT and attachment theory will help to offer a more attuned and effective intervention in a time limited fashion. This approach would be useful to psychiatrists, nurses, social workers and community team members, who manage complex clients. The presentation is built upon on 3 detailed case studies of people presenting with trauma, depression, anxiety and dissociation. The discussion around cases will help to understand the importance of adult attachment patterns in clinical practice. An integrated case formulation can inform how combination of CBT techniques and relational approach can help people with chronic and complex problems.

After attending this course, delegates will be able to:

- Assess adult attachment patterns in the clinic through developmental history, narratives and through therapeutic relationship
- Create an integrated formulation using Attachment & CBT theories
- Adapt therapeutic interventions informed by underlying attachment patterns

## About our speaker:

**Dr P J Saju**, Consultant Medical Psychotherapist, SWYFT has worked as a consultant psychiatrist and medical psychotherapist in the NHS for many years. He has practiced CBT from the start of his psychiatric career from 1990. After working as a Consultant in adult psychiatry, he completed CCT in medical psychotherapy, majoring in CBT in 2009. He also completed MSc in Systemic Family Therapy in 2009. The training in family therapy helped to realise the central role of relationships in understanding and in resolving the person's predicaments. He also worked in a Therapeutic Community (2009-2011).

## Course Feedback:

*"Dr Saju was very approachable and helpful to all professions and experience levels."*

*"Very helpful. Increased my confidence and feeling legitimacy in using attachment theory in my practice."*

*"Increased understanding of attachment issues and influencing therapeutic relationship."*

## Course Fees:

**£185.00**

Learning materials are included

## Reservations:

Please complete the reservation form overleaf and post or scan to: Events Administrator, Andrew Sims Centre, 2150 Century Way, Thorpe Park, Leeds, LS15 8ZB. (Please note this is our correspondence address only.)

## Study Methods and Accreditation:

Lectures, small group work, group discussions, question and answer sessions, case studies, case directed discussions etc. This course is eligible for 6 CPD hours subject to your peer group approval.

## This conference is suitable for:

Psychiatrists, Psychotherapists, Psychologists, Nurses and Community Mental Health Team members



# Andrew Sims Centre Reservation Form

Course Title: **Attachment Narratives & CBT in Complex Cases**

Date: **Tuesday 9 November 2021**



**Leeds and York Partnership**  
NHS Foundation Trust

## YOUR DETAILS

PLEASE PRINT YOUR DETAILS IN BLOCK CAPITALS

Title.....First Name.....

Surname.....Job Title.....

Speciality.....

Trust/Organisation.....

Preferred Mailing Address .....

Postcode.....Work Telephone .....

Mobile.....Email.....

Dietary.....Other .....

Signature.....Date .....

## NEWSLETTER AND MARKETING

We want to stay in touch, to let you know about our future courses, discounts and ASC news.

If you want to receive this information via our email Newsletter, sent every two weeks, please tick [ ]

## COURSE FEES

[ ] One Place £185.00

Promotional Code ..... Making Course Fee £.....

## BOOKING & PAYMENT OPTIONS

**Please choose ONE of the following payment options (1 to 6)**

- ONLINE:** andrewsimscentre.nhs.uk and RECEIVE £10 DISCOUNT with credit or debit card
- TELEPHONE:** 0113 855 5638 with credit or debit card
- POST:** Administrator at Andrew Sims Centre, 2150 Century Way, Thorpe Park Industrial Estate, Leeds, LS15 8ZB
- BACS:** Account Number: 10003312 Sort Code: 60-70-80  
Please use ref ASC091121-DELEGATENAME
- INVOICE:** Please send a copy of Purchase Order with delegate details to andrewsimscentre.lypft@nhs.net  
Trust .....
- LYPFT Internal Transfer:**  
Budget Holder Name.....  
Budget Holder Email .....

**All Payment must be received in advance of event.**

## HOW TO BOOK

If you are paying by debit or credit card, please BOOK ONLINE, otherwise please complete the reservation form and either post to: **Events Administrator, Andrew Sims Centre, 2150 Century Way, Thorpe Park, Leeds, West Yorkshire, LS15 8ZB** or Email it to **andrewsimscentre.lypft@nhs.net**.

Please note this is our correspondence address only. Please check individual courses for venue details.

## PAYMENT METHODS

Your course fee has been prepaid by the medical study leave budget. Please note you must still apply for study leave approval through your usual channels to be able to attend.

## ACCREDITATION

This course is eligible for 6 CPD hours subject to your peer group approval.

## VIRTUAL EVENT

This event will be conducted virtually via Zoom, please ensure that you have the software downloaded and a free account created prior to the day of this course. You can sign up to Zoom [here](#). More information regarding Zoom and how to join the course will be emailed 2 weeks prior to the event.

## CONFIRMATION OF RESERVATIONS

All reservations will be confirmed immediately in writing. Further details including programme times and venue information, will be forwarded approximately 2 weeks prior to the event date. Please ensure you have provided an email address as all booking confirmations will take place by email.

## RESERVATION & CANCELLATION POLICY

Please only book on to the course if you have studyleave approved. Please advise of any cancellations as soon as possible. Internal to allow another member of staff to come in your place.

## FURTHER INFORMATION

The Andrew Sims Centre ("ASC") is part of Leeds and York Partnership NHS Foundation Trust ("LYPFT"). Your personal information will be stored and processed by the ASC, Stripe and HMA according to the General Data Protection Law ("GDPR"). If you would like further information about this please contact us. Your personal information will be used by the ASC to process your application to attend our events.

If you would like to keep up to date with our events and activities, please tick [ ]

If you have booked with the ASC before and already receive our Newsletter and want to unsubscribe please tick here [ ]

If you would like your details to be made available to our third-party partners such as selected event co-partner organisations, or to companies sponsoring or exhibiting at our events, please tick [ ]

