

“Deformed, Defective and Flawed” Approaches to Body Dysmorphic Disorder

Tuesday 10 March 2020

The Met Hotel, King Street, Leeds, LS1 2HQ

9am Registration, 9.30am Welcome and 4.30pm, Close

The purpose of this workshop is to provide greater insight into this presentation, and to orientate the professional in the directions that treatment might take. We will cover the fundamentals of BDD including a working diagnosis, assessment and a treatment roadmap. There will be time in the day to explore a potential shared case conceptualisation and some core treatment components using a CBT framework. The day will include some brief thoughts around hair pulling and skin picking as well as some psychodynamic thinking. The course will enhance therapist's skills or help mental health professionals to understand the likely treatment direction being offered to their client.

After attending this course delegates will be able to:

- Confidently recognise the key components of BDD
- Predict a likely conceptualisation and treatment direction
- Name, and have rehearsed, some treatment or support techniques

About our speaker:

Andy Williams, Psychotherapist, Clinical Supervisor and Trainer, Director of Training at the TA training Organisation, has worked in Leeds for many years as a psychotherapist, clinical supervisor and trainer in private practice. He spent several years as a senior group therapist working for Bradford District Care NHS Foundation Trust before moving to Leeds and York Partnership NHS Foundation Trust as a psychotherapist. His CBT qualifications are from the Newcastle CBT centre and the University of Durham. Andy Williams was awarded a UKATA medal in 2018 for services to the UK Transactional Analysis community. He is Chair of NETAC—the North East TA conference that takes place in Leeds every November. His most recent speaking engagements have been at the BACP Private Practice Conference and with their Coaching Division national meeting.

Course Fees:

£185.00

All learning materials, lunch and refreshments 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.)

If you are paying by debit or credit card, why not BOOK ONLINE and receive a £10 discount on the advertised price?

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:

Mental Health Workers, Therapists, Councillors, Supporters, Medical Professionals, Occupational Therapists



Andrew Sims Centre Reservation Form

Course Title: **APPROACHES TO BODY DYSMORPHIC DISORDER**

Date: **TUESDAY 10 MARCH 2020**

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 ASC100320-DELEGATENAME
- INVOICE:** Please send a copy of Purchase Order with delegate details to andrewsimscentre.lypft@nhs.net
Trust
Purchase Order Number
- LYPFT Internal Transfer:**
Budget Holder Name.....
Budget Holder Email
Budget Code:
Budget Holders signature
Budget Transfer will occur in **March 2020**

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

We prefer to receive payment by credit card. If you would like us to invoice your organisation, a copy of your Trust's or organisation's official purchase order must be enclosed with this booking. **Payment must be received before the course date.** If payment is not received by the day of the course, you will be asked to guarantee your place with a personal credit card on the day. Leeds and York Partnership NHS Foundation Trust staff must provide a budget code and budget holders authorisation.

ACCREDITATION

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

THE VENUE

The Met Hotel is approx. 2 minutes' walk from Leeds city train station. If you are travelling by car, please note that The Met has no parking for delegates. However the hotel has an agreed discounted rate with the NCP carpark located on Wellington Place, a short walk away. Please use postcode LS1 4AJ. On departure, please see Reception to redeem your voucher

OVERNIGHT ACCOMMODATION

Please contact the venue directly to arrange accommodation.

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

Cancellations must be received in writing at least two weeks prior to the course date to be entitled to a refund, which will be subject to a 20% administration fee (minimum £20). We regret that cancellations received after this date cannot be refunded, and refunds cannot be made for failure to attend the event. However, a substitute delegate will be welcomed in your place at any time.

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 []