



Treating Anxiety Disorder with Intensive Short-Term Dynamic Psychotherapy

Monday 11 January 2021

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

9.00am Registration, 9.30am Welcome and 4.30pm, Close

This one-day workshop will provide an overview of the theoretical framework of ISTDP and the ways in which this approach is used to treat anxiety disorders. The unique elements of the model will be highlighted, including: the emphasis on the somatic experience of emotions in the here and now; monitoring unconscious signalling of anxiety in the body; and an active approach to maladaptive defence mechanisms. The emphasis will be on understanding of unconscious anxiety symptoms and ways in which these can be effectively diagnosed and regulated in order to work safely within patients' range of tolerance to improve therapeutic outcomes. Video presentations of clinical sessions will be shown to demonstrate the key principles of this technique.

After attending this course delegates will be able to:

- Understand the theoretical framework of ISTDP
- Identify the manifestations of unconscious anxiety and understand how these symptoms can be used for diagnostic purposes
- Use targeted techniques to regulate anxiety

About our speaker:

Dr Lewis is a chartered clinical psychologist registered with the British Psychological Society and the Health and Care Professions Council. She has worked both in private practice and in the NHS and has a particular interest in treating patients presenting with anxiety difficulties and treatment-resistant depression, as well as those diagnosed with physical health conditions such as auto-immune disorders, fibromyalgia and chronic pain. Dr Lewis has extensive experience in training clinicians in advanced psychotherapy skills, in particular ISTDP. She is an accredited trainer and supervisor with the International Experiential Dynamic Association (IEDTA) and is currently a visiting lecturer at the University of Hertfordshire. She has trained for and consulted to a wide range of organisations and NHS trusts, and has published in the areas of trauma and anxiety. Further information can be found at www.istdp.london.

Course Feedback:

"Excellent speaker, good interesting session"

"Great speaker—really helpful videos"

"Fantastic Workshop, sparked a further interest in learning more about this therapy"

Other Upcoming ASC Courses:

Student Mental Health

Wednesday 18 November 2020

£185

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:

Clinicians in the fields of psychotherapy, psychology, psychiatry and allied fields, at all stages of their careers. Participants are required to be qualified mental health practitioners registered with a professional body (eg: GMC, HCPC, UKCP, BACP). This is an introductory level workshop and no prior knowledge of ISTDP is required.



Andrew Sims Centre Reservation Form

Course Title: **Treating Anxiety Disorder with ISTDP**

Date: **Monday 11 January 2021**

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 ASC11012021-DELEGATENAME
 - INVOICE:** Please send a copy of Purchase Order with delegate details to andrewsimscentre.lypft@nhs.net
Trust
6. **LYPFT Internal Transfer:**
- Budget Holder Name.....
- Budget Holder Email
- Budget Code:
- Budget Holders signature
- Budget Transfer will occur in January 2021

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 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.

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 []