

AREBT Annual London Conference 2018

3rd December, 2018, BPS facilities, London, UK

Conference timetable

09:30 – Registration. Refreshments: tea, coffee and Danish pastries

10.00 – Introduction to conference, Edelweiss Collings (AREBT Chair)

10.10 - Using the SPACE framework in Rational-Emotive Cognitive Behaviour Therapy and Coaching to tackle, stress, anxiety and depression. Nick Edgerton

11.15- 11.40 Refreshment break. Networking.

11.40 – 1.00pm Keynote: Hearing the Suicidal Patient's Emotional Pain: The implications for practice. Dr Christine Dunkley

1.00 – 2.00pm Lunch & networking. Accreditation Helpdesk (1.30 to 1.55pm)

2.00 - 3.00pm Choice of 2 mini-skills workshops:

1 Working with SPACE: A Rational-Emotive Cognitive Behaviour Approach. Trainer, Nick Edgerton

2. Enhancing resilience and wellbeing: A Rational-Emotive Cognitive Behaviour Approach. Trainers: Prof Stephen Palmer & Dr Siobhain O’Riordan

3.00 - 3.20pm Tea break

3.20 – 3.55pm Panel discussion: Overcoming the challenges of using REBT and CBT in Improving Access to Psychological Therapies (IAPT) services.

3.55 – 4.00pm Closing remarks, Professor Stephen Palmer.

AREBT AGM – 4.15-4.55pm

Venue: BPS facilities, 30 Tabernacle St, London EC2A 4UE

Conference information: <https://www.arebt.eu/arebt-conference-2018>