Topics include:

- Whose ideas will change our mental health in the 21st century?
- Taking control: what will patient-led psychological treatment look like?
- Will they do well? An independent evaluation of the IAPT experiment
- The state of the art in treating common mental illness
- NICE guidelines in mental health
- How to design ‘stepped care pathways’
- Advances in evidence-based psychotherapies in the USA
- What is the future for state-funded psychotherapy services?
- Science meets psychological therapies
- What have we learnt, and what do we still not know?

This conference brings together an exceptional gathering of leading clinicians, policy makers, academics and service users from across the UK, the US and Europe to consider the future of psychological therapies.
This event takes place at an important moment for our profession, as it begins to take up an increasingly central position within a modern NHS. This is reflected in the partnership of organisations which has brought the conference about, led by the professional bodies working together. A key role has been assumed by the mental health charities involved in the “We Need to Talk” campaign. The National Institute for Health and Clinical Excellence (NICE), and Department of Health (DH), via the Improving Access to Psychological Therapies Programme (IAPT), have also been fully supportive from the outset. As you can see from this, the first collaboration of its kind in our field, we have generated an extraordinary range and quality of speakers, enabling two unrivalled days of debates, seminars and keynote presentations.

Equally important, for any genuine meeting of minds to take place, is the opportunity created for you, our delegates, to engage with colleagues from right across the sector. Scientists, practitioners, policy makers, as well as those who speak from their experience of using services, will be able to join in what we hope will be a lively, thought-provoking exchange. The common challenge is to appreciate the potential for a better shared understanding, by bringing together knowledge and ideas from these hitherto separate, specialised spheres. Our objective is to help shape the intellectual climate in which a national strategy for psychological therapies can develop. We wish, in short, to foster a new, open and forward thinking dialogue around evidence-based practice.

When Einstein first met Freud in 1927, Freud wrote: “He understands as much about psychology as I do about physics, so we had a very pleasant talk”. Was that all? Perhaps it sparked the famous correspondence of ideas between the two men under the auspices of the International Institute for Intellectual Cooperation. In that same spirit of scientific endeavour, in the surrounds of the Royal Institution, we wish you all, on behalf of the Conference Steering Group, a challenging and rewarding two days, and look forward to meeting you.

Jeremy Clarke Chair; Malcolm Allen Deputy Chair Conference Steering Committee
Michael Barkham and Phil Richardson Scientific Advisors
Day 1 Friday 30 November

10.00 Chairman’s welcome and introduction  Dr Tony Roth Joint Course Director, Doctorate in Clinical Psychology University College London

10.10 Opening Panel Discussion – Whose ideas will change our mental health in the 21st century?

Presenter: Professor Lord Raynard Layard
Emeritus Professor of Economics
Centre for Economic Performance,
London School of Economics

Panel Members:
Alison Faulkner Mental Health Service User, Consultant and Researcher
Professor Peter Hobson Professor of Developmental Psychopathology Tasstsock and Portman NHS Foundation Trust
Dr Andrew McCulloch Chief Executive The Mental Health Foundation
Professor Susie Orbach Psychotherapist, Consultant and Writer

11.10 Coffee and exhibition

11.40 KEYNOTE ADDRESS – Working together: the way forward for psychological therapy services in the NHS

Professor Louis Appleby
National Director for Mental Health in England,
Chair The Mental Health Taskforce and
Professor of Psychiatry University of Manchester

12.10 The new era: what will patient-led services look like?

David Crepaz-Keay
Head of Patient and Public Involvement
Mental Health Foundation

12.50 Lunch and exhibition

13.50 Will they do well? An independent evaluation of the IAPT experiment

Professor Glenys Parry Professor of Applied Psychological Therapies
University of Sheffield School of Health and Related Research
The NHS Service Delivery & Organisation R&D Programme has commissioned an independent research evaluation of two IAPT demonstration sites, due to report in 2009.

Respondent Dr Ian McPherson Programme Director
National Institute for Mental Health in England (NIMHE),
Care Services Improvement Partnership

Response:
key questions and how the evaluation team is addressing them
emergent findings and their place in a policy context

15.00 Tea and exhibition

15.30–16.30 Conference Splits

Stream A – Masterclass
Evidence Based Practice
Chair: Dr Matthew Patrick Trust Director
Tavistock and Portman NHS Foundation Trust
Professor Robert Elliott Professor of Counselling Psychology University of Strathclyde and Emeritus Professor of Psychology University of Toledo, USA
Dr Frank Margison Medical Director and Consultant Psychiatrist Manchester Mental Health and Social Care Trust
Professor John Markowitz Research Psychiatrist
New York State Psychiatric Institute, USA
Professor of Psychiatry University of Manchester
Professor of Clinical Psychology Stockholm University, Sweden

Stream B – Debate
This House Believes...
...that NICE guidelines in mental health may stand in the way of patient benefit
Chair: Dr Andrew McCulloch
Chief Executive The Mental Health Foundation
FOR: Dr Rob Senior
Medical Director
Tavistock and Portman NHS Foundation Trust
Steve Shrubbs Director of Mental Health Network

AGAINST: Dr Steve Pilling Director Centre for Outcomes Research and Effectiveness
University College London and Joint Director National Collaborating Centre for Mental Health
Dr Gillian Leng Implementation Director
National Institute for Health and Clinical Excellence (NICE)

Stream C – Seminars
Towards Best Practice
How to design ‘stepped care pathways’
SEMINAR 1
To be efficient, effective and acceptable to patients
Matt Fossey Deputy Director Care Services Improvement Partnership, National Institute for Mental Health in England
Professor Karina Lovell Professor of Mental Health University of Manchester

SEMINAR 2
To achieve equity, as well as access
Dr John Cape Head of Psychology Camden and Islington Mental Health and Social Care Trust
John Mellor-Clark Director CORE IMS

SEMINAR 3
To improve quality, as well as access
Dr Paul Walters Specialist Psychiatrist, MRC Fellow and Programme Leader, MSc in Mental Health Services Research Institute of Psychiatry

16.35 Joint Closing Plenary Session – Advances in evidence-based psychotherapies in the USA

Professor Jacques Barber Professor of Psychology in Psychiatry
Centre for Psychotherapy Research, University of Pennsylvania
School of Medicine, USA

Professor Barbara Milrod Associate Professor of Psychiatry
Weill Medical College of Cornell University New York, USA

operationalisating a modern, panic-focused dynamic treatment
the design of our research studies
what we have found so far, in terms of treatment outcomes and efficacy, and what we still want to find out
strengths and weaknesses of RCTs for studying psychotherapy efficacy

17.45 Close

18.00 Evening Conference Address and Reception  Launch of A New Savoy Declaration

PRIORY
Day 2  Saturday 1 December

09.30  Chairman’s introduction  Paul Farmer  Chief Executive Mind

09.40  Opening Panel Discussion – What is the future for state-funded psychotherapy services?

Presenter: Professor Lord Richard Layard
Emeritus Professor of Economics
Centre for Economic Performance, London School of Economics

Panel Members:
Professor Andrew Cooper  Director Research and Development
Tavistock and Portman NHS Foundation Trust
Gillian Finch  Co-ordinator  CIS’sters
Angela Greatley  Chief Executive  The Sainsbury Centre for Mental Health
Professor Sir Michael Rawlins  Chairman  National Institute for Health and Clinical Excellence (NICE)

10.40  Coffee and exhibition

11.00  KEYNOTE ADDRESS – A cognitive science approach to developing effective new treatments

Professor David Clark
Professor of Psychology  Institute of Psychiatry,
Kings College London, and Director  Centre for
Anxiety Disorders and Trauma, Maudsley Hospital

- using experimental psychology to identify maintaining factors to target in new treatment programmes
- testing and re-testing of new treatments for efficacy and effectiveness: recent studies
- how we can disseminate those treatments which are most effective

11.40  Science meets psychological therapists: Investigating the effective practitioner

Professor Michael Barkham
Professor of Clinical Psychology, Director  Centre for
Psychological Services Research
University of Sheffield

- review of research literature relating to the impact of technical and common factors in the psychological therapies
- investigating practitioner effects from both randomised trials and practice-based data: recent studies
- delivering effective psychological therapies in routine NHS practice settings requires both effective treatments and effective practitioners

12.20  Questions and answers, followed by lunch and exhibition

13.30–14.30  Conference Splits

Stream A – Masterclass
Evidence Based Practice
The state of the art in treating complex mental illness
Chair: Dr Tony Roth
Joint Course Director  Doctorate in
Clinical Psychology  University College London

Professor Arntz
Professor of Clinical Psychology and Experimental
Psychopathology and Psychotherapist
Riiag Maastricht, Netherlands

Professor Anthony Bateman
Consultant Psychiatrist in Psychotherapy
Barnet, Enfield and Harringey
Mental Health Trust

Dr Janet Feigenbaum
Consultant Clinical Psychologist
North East London Mental Health Trust
and Senior Lecturer in Clinical Psychology
University College London

Stream B – Debate
This House Believes...
...that the existing health infrastructure, and NHS management, will not be able
to deliver improved mental well-being

Chair: Baroness Molly Meacher
Chairman  East London and the City University
Mental Health NHS Trust

FOR: Dr Nick Temple
Chief Executive and Consultant Psychiatrist
in Psychotherapy
Tavistock and Portman NHS Foundation Trust

Stuart Bell
Chief Executive
South London and Maudsley
NHS Foundation Trust

AGAINST: Dr Alan Cohen
Senior Fellow
Sainsbury Centre for Mental Health
and Senior Clinical Advisor in Primary Care
Care Services Improvement Partnership (CSIP)

Paul Farmer
Chief Executive  MIND

Stream C – Seminars
Towards Best Practice
How to design ‘stepped care pathways’

SEMINAR 1
To be safe, ethical and accessible to patients with complex needs
Chair: Professor Catherine Itzin
Director  Department of Health and National Institute for Mental Health in England Victims of Violence and Abuse Prevention Programme

FOR: Dr Roger Kennedy
President
British Psychoanalytical Society

SEMINAR 2
To achieve equity, as well as access
Chair: Professor John Cape
Head of Psychology  Camden and Islington
Mental Health and Social Care Trust

AGAINST: John Mellor-Clark
Director  CORE IMS

SEMINAR 3
To improve quality, as well as access

Chair: Dr Paul Walters
Specialist Psychiatrist, MRC Fellow and Programme Leader,
MSc in Mental Health Services Research
Institute of Psychiatry

14.35  Joint Closing Plenary Session – What have we learnt, and what do we still not know?

Professor Peter Fonagy
Freud Memorial Professor of Psychoanalysis and Director
of the Sub-Department of Clinical Health Psychology
University College London, and Chief Executive
The Anna Freud Centre, London

- how well is the use of psychological therapies justified and are there evidence-based indications for a choice of treatment?
- what is our evidence base for training and service delivery models?
- so – taken together – do we have ways of thinking about clinical problems that allow for meaningful matching of therapies to clients?

15.25  Questions and answers, followed by close at 15.45
Psychological Therapies in the NHS
Science, Practice and Policy
Friday 30 November – Saturday 1 December 2007    Savoy Place, London

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(by signing this form, you are accepting the terms and conditions below)

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Signature
Date

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Between 15.30 and 16.30 on day one, and between 13.30 and 14.30 on day two you have the choice of attending Stream A, Stream B or one of the seminars in Stream C.
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DAY 1
Stream A Evidence based practice
Stream B This house believes...
Stream C Seminar 1 – To be efficient, effective and acceptable to patients
Stream C Seminar 2 – To achieve equity, as well as access
Stream C Seminar 3 – To improve quality as well as access

DAY 2
Stream A Evidence based practice
Stream B This house believes...
Stream C Seminar 1 – To be efficient, effective and acceptable to patients
Stream C Seminar 2 – To achieve equity, as well as access
Stream C Seminar 3 – To improve quality as well as access

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