

Psychological Therapies in the NHS

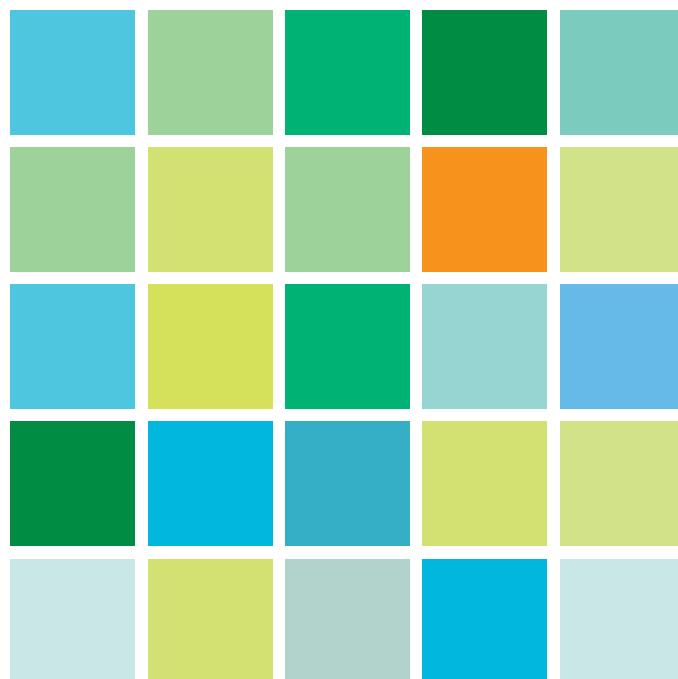
Science, Practice and Policy

Thursday 27 and Friday 28 November 2008 Savoy Place, London

A major conference examining the challenge – and the opportunity – of evidence based practice for the psychotherapy professions

Topics include:

- Psychological therapies at the heart of modern health care
- The how and why of building world-class psychological therapy services
- The new NHS therapy workforce: who can do what for whom? Getting the skills mix right
- Can we count what counts for the user?
- The challenges of IAPT implementation: training, supervision and working in prisons
- State-of-the-science treatments for anxiety disorders
- Is it the treatment or the therapist that works?
- How can clinical guidelines be credible and useful?
- How to square the circle of patient choice and evidence based treatments
- Masterclass with NICE for clinical guidelines in mental health
- Steps, skips and hoops: how do we design patient-centred care pathways (across the age range)?
- New ways (and means) of working and delivering care
- Looking towards 2010: how do we sustain development?



The 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

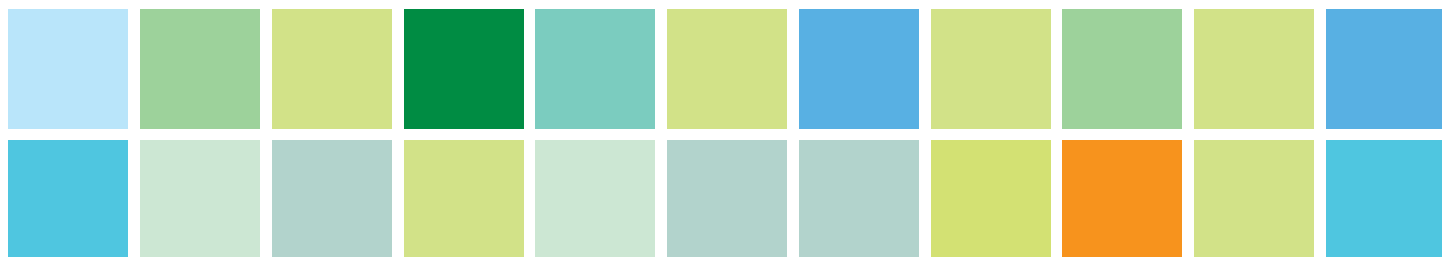


SUITABLE FOR YOUR CPD PROGRAMME

Psychological Therapies in the NHS Science, Practice and Policy

Thursday 27 and Friday 28 November 2008 Savoy Place, London

A major conference examining the challenge – and the opportunity
– of evidence based practice for the psychotherapy professions



We look forward
to welcoming
you to Savoy
Place for what is
certain to be an
exciting series
of discussions
and debates

We are delighted to welcome you to the second annual Psychological Therapies in the NHS conference, in this the 60th year of the NHS.

As NHS psychological therapists we find ourselves on the cusp of a radical transformation of our health service: from a 'sickness' service to a 'wellness' service. What part will we have to play in this transformation?

We set ourselves an ambitious objective when we established this conference. We wanted it to 'shape the intellectual climate in which a national strategy for psychological therapies can develop.' Day one of this year's conference will focus on the outline of such a strategy that is beginning to take form through the IAPT programme. At the heart of this vision is the concept of an evidence-based practitioner. The key questions underlying such a project: scientific, methodological, professional, clinical, ethical – and political – will be debated by some of the leading figures in the field. We are especially delighted to have two internationally renowned scientists to debate the disputed territory of 'superior efficacy'. With Steve Hollon and Bruce Wampold the quality of this debate is guaranteed to be of the highest standard.

Day Two of our conference, Building an Evidence-Based Profession, aims to take the arguments a stage further, and will test whether there is a consensus among us on how we set out to claim our central place in future government priorities. If part of our ambition is for psychological therapies to shape the professional climate in which the NHS delivers health and well-being for all, across society wherever need requires, how shall we lead this reform? No one yet has a blueprint. At last year's conference a number of challenges were thrown down around whether patient choice, for example, or a traditional medical model, should be the dog wagging IAPT's tail? We have assembled some of the keenest, most thoughtful and well-informed minds in the UK, covering a broad spectrum of expertise and perspective, if not to offer final answers, then to pick up these challenges, help stimulate our thinking and lead discussion forward.

In establishing this event annually, the New Savoy Partnership, which represents, as you can see, a growing collaboration of professional and other stakeholders, has created a forum for you to help develop the agenda for contemporary mental health provision. As we begin to forge real partnerships, and a closer relationship with government, how can we work together not only to build an infrastructure for scaling up psychological therapy services throughout the UK, but also to create a New 21st Century Vision for Psychological Therapies? We look forward to welcoming you to Savoy Place in 2008 to hear your views.

Jeremy Clarke *Chair* Conference Steering Committee

Day 1 Thursday 27 November IAPT Moving Forward

Morning Chair: Professor Lord Richard Layard Programme Adviser IAPT and Emeritus Professor of Economics Centre for Economic Performance, London School of Economics

9.30 **Welcome and introduction** Jeremy Clarke New Savoy Partnership

9.40 OPENING KEYNOTE Psychological therapies at the heart of modern health care

Rt Hon Alan Johnson MP Secretary of State for Health (to be confirmed)

Kathryn Tyson Head of Adult Mental Health Policy and IAPT Programme Lead Department of Health

Respondent: Laurie Bryant National Service User Lead, IAPT Programme Department of Health

10.40 Questions and answers, followed by coffee and exhibition at 10.50

11.20 The how and why of building world-class psychological therapy services

Louis Appleby
National Director for Mental Health in England
Department of Health and Professor of Psychiatry
University of Manchester

Panelists: Victor Adebawale Chief Executive Turning Point
Sue Baker Director Moving People
Lu Duhig National Carer Lead IAPT Programme Department of Health
Mike Farrar Chief Executive NHS North West
Matthew Patrick Chief Executive Tavistock and Portman NHS Foundation Trust

12.20 Lunch and exhibition

Afternoon Chair: Mary Target Psychoanalyst, Clinical Psychologist and Reader in Psychoanalysis UCL and Professional Director The Anna Freud Centre, London

14.10 The new NHS therapy workforce: who can do what for whom? Getting the skills mix right

Introduced by: Roslyn Hope National Workforce Lead IAPT
Led by Peter Fonagy

Freud Memorial Professor of Psychoanalysis and Head of the Research Department of Clinical, Educational and Health Psychology University College London and Chief Executive The Anna Freud Centre, London

Panelists: Louise Lyon Trust Clinical Director Tavistock and Portman NHS Foundation Trust
Graham Turpin Associate National Director for Workforce IAPT
Jane Wood Mental Health Care Pathways Development Manager Leeds PCT
Ben Wright Lead Clinician Newham IAPT

15.10 Tea and exhibition

15.45 **Conference Splits** Choose to stay in the main auditorium, attend one of 3 workshops in the Riverside Rooms or attend the masterclass in the Faraday Room

Main Auditorium

15.45 SYMPOSIUM Can we count what counts for the user?

Led by Hugh Griffiths Chair, IAPT Expert Reference Group and Deputy National Director, Mental Health Department of Health

Michael Barkham Professor of Clinical Psychology and Director Centre for Psychological Services Research, University of Sheffield
Simon Confino Managing Director Brainchild UK Ltd
Nicky Forsythe Research Director Brainchild UK Ltd
Judy Weleminski Chief Executive Mental Health Providers Forum

Riverside Rooms

15.45 WORKSHOPS The challenges of IAPT implementation

WORKSHOP 1:

Training

Tony Lavender
Dean Salomons Centre,
Canterbury Christ Church University

Roz Shafran
Professor of Cognitive Behavioural Therapy
University of Reading

WORKSHOP 2:

Supervision

Tony Roth
Joint Course Director
Doctorate in Clinical Psychology
University College London

Sue Wheeler
Professor of Counselling and Psychotherapy
and Director of Lifelong Learning University
of Leicester

WORKSHOP 3:

In prisons

Angela Greatley
Chief Executive The Sainsbury Centre for Mental
Health and Non-Executive Director Barnet,
Enfield and Haringey Mental Health NHS Trust

Peter Jones
Chair
Counselling in Prisons Network

Faraday Room

15.45 MASTERCLASS State-of-the-science treatments for the anxiety disorders

David Clark Clinical Adviser IAPT Programme Department of Health and Professor of Psychology Institute of Psychiatry and Director Centre for Anxiety Disorders and Trauma, Maudsley Hospital

16.45 **Return to main auditorium for closing debate**

16.50 CLOSING DEBATE – "So - it's good outcomes from me" "And it's good outcomes from him": Is it the treatment or the therapist that works?

Steve Hollon Professor of Psychology and Human Development Vanderbilt University and Associate Professor of Psychiatry
Bruce Wampold Professor of Counselling Psychology University of Wisconsin-Madison

17.40 Close

18.00 EVENING RECEPTION

Ivan Lewis Parliamentary Under-Secretary of State for Care Services (invited)

Plus special guests: Melvyn Bragg President Mind and Sandi Toksvig Patron BACP (to be confirmed)

Day 2 Friday 28 November Building an Evidence-Based Profession

Morning Chair: Paul Farmer *Chief Executive* MIND

09.30 **Welcome and introduction** Jeremy Clarke *New Savoy Partnership*

09.40 OPENING KEYNOTE How can clinical guidelines be credible and useful?

Simon Gilbody
Professor of Psychological Medicine and Health Services Research
University of York

Panellists: **Gillian Leng** *Deputy Chief Executive and Implementation Director* National Institute for Health and Clinical Excellence (NICE)
Anna Maratos *Head of Arts Therapies* Central and North West London NHS Foundation Trust
Glenys Parry *Professor of Applied Psychological Therapies* University of Sheffield
Steve Pilling *Director, Centre for Outcomes, Research & Effectiveness (CORE)* University College London

11.40 Coffee and exhibition

11.20 PANEL DISCUSSION How to square the circle of patient choice and evidence-based treatments

Led by Michael King
Professor of Primary Care Psychiatry
University College Hospital London

Panellists: **Gillian Knight** *Service User*
Rob Senior *Medical Director* Tavistock and Portman NHS Foundation Trust
Diane Waller *President* British Association of Art Therapists and *Council Member* Health Professions Council
The Rt. Hon. Sir Mark Waller and Rachael Waller *Founder Trustees* The Charlie Waller Memorial Trust
Melba Wilson *National Programme Lead* Delivering Race Equality in Mental Health Programme, Department of Health

12.50 Lunch and exhibition

14.15 **Conference Splits** Choose to stay in the main auditorium, attend one of 3 workshops in the Riverside Rooms, attend the debate in the Council Chamber or attend the masterclass in the Faraday Room.

Main Auditorium

Afternoon Chair: Baroness Molly Meacher *Chair* East London NHS Foundation Trust

14.15 SYMPOSIUM Steps, skips and hoops: how do we design patient-centred care pathways (across the age range)?

Led by Ian McPherson
Director National Institute of Mental Health in England (NIMHE)

Pete Bower *Psychologist and Reader in Health Services Research* National Primary Care Research and Development Centre, University of Manchester
Jane Garner *Consultant Psychiatrist* Barnet, Enfield and Haringey Mental Health Trust
Rita Harris *Clinical Director of Child & Family Directorate* Tavistock and Portman NHS Foundation Trust
Dave Richards *Professor of Mental Health* University of Exeter

Riverside Rooms

14.15 WORKSHOPS New ways (and means) of working and delivering care:

WORKSHOP 1:

...to meet needs across the age range

Mick Cooper
Professor of Counselling
University of Strathclyde

Trudy Klauber
Dean of Postgraduate Studies
Tavistock and Portman NHS Foundation Trust

WORKSHOP 2:

...for medically unexplained symptoms

Elspeth Guthrie
Professor of Psychological Medicine
University of Manchester

John Hague
GP and Independent Consultant Sainsbury Centre for Mental Health and *Member* IAPT Expert Reference Group

WORKSHOP 3:

...to meet complex needs

Alessandra Lemma
Head of Psychology
Tavistock and Portman NHS Foundation Trust

Suzanna Rose
Professor of Counselling, Leader Berkshire Traumatic Stress Service, and *Academic Lead, Research and Development* Berkshire NHS Trust

Council Chamber

14.15 DEBATE This House is confident the NHS can now commission psychological therapies for everyone's needs

Chair: Lord Kamlesh Patel *Head of Centre for Ethnicity and Health* University of Central Lancashire (*to be confirmed*)
FOR: Alan Cohen *Sainsbury Centre for Mental Health and Primary Care Adviser* IAPT
Alison Armstrong *Director of Mental Health, Offender Health and Substance Misuse* London PCTs
AGAINST: Eddie Greenwood *Director of Business Development and Strategy* Rethink
Kam Dhillon *Head of Research* Mental Health Foundation

Faraday Room

14.15 MASTERCLASS State of the science for developing clinical guidelines in mental health

Led by Alaster Rutherford *Associate Director of Implementation* NICE

15.15 **Return to main auditorium for closing plenary**

15.20 CLOSING PLENARY Looking towards 2010: how do we sustain development?

David Clark *Clinical Adviser* IAPT Programme, Department of Health and *Professor of Psychology* Institute of Psychiatry and *Director* Centre for Anxiety Disorders and Trauma, Maudsley Hospital

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Conference Registration



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Department

Organisation

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Postcode

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Please also ensure you complete your full postal address details for our records.

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Streams Between 15.30 and 16.30 on day one, and between 13.30 and 14.30 on day two, you have the following options. Please indicate which sessions you are most likely to attend.

DAY 1		DAY 2	
<input type="checkbox"/>	Symposium Can we count what counts for the user?	<input type="checkbox"/>	Symposium Patient centred care pathways
<input type="checkbox"/>	Workshop 1 The challenges of IAPT implementation: training	<input type="checkbox"/>	Workshop 1 New Ways (and means) of Working to: Meet needs across the age range
<input type="checkbox"/>	Workshop 2 The challenges of IAPT implementation: supervision	<input type="checkbox"/>	Workshop 2 New Ways (and means) of Working to: Work with medically unexplained symptoms
<input type="checkbox"/>	Workshop 3 The challenges of IAPT implementation: in prisons	<input type="checkbox"/>	Workshop 3 New Ways (and means) of Working to: Meet complex needs
<input type="checkbox"/>	Masterclass State-of-the-science treatments for the anxiety disorders	<input type="checkbox"/>	Debate Commissioning psychotherapy services
		<input type="checkbox"/>	Masterclass Developing clinical guidelines for mental health

Evening conference address and reception Please tick here if you would like to attend (this is included in the delegate fee)

Conference handbook I cannot attend the conference but would like a copy of the conference handbook which includes speaker slides @ £50 a copy.
*The handbook will be sent out a week after the conference, please fill in the 'Your details' section above for delivery.
Handbooks ordered up until two months after the conference will be supplied as a hardcopy in an A4 ring binder, those ordered after this time will be posted as a PDF document on CD.*

Venue
Savoy Place, London, WC2R 0BL. A map of the venue will be sent with confirmation of your booking.

Date
Thursday 27 and Friday 28 November 2008.

Conference fee
£385 (£452.38). This fee includes lunch and refreshments on both days and a copy of the conference handbook.

Terms and conditions
A refund, less a 20% administration fee, will be made if cancellations are received, in writing, at least 4 weeks before the conference. We regret that any cancellation after this time cannot be refunded, and that refunds for failure to attend the conference cannot be made, but substitute delegates are welcome at any time.

Confirmation of booking
All bookings will be confirmed by email, unless stated otherwise.

Accommodation
On confirmation of your booking you will receive details of accommodation.

Exhibition
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Michael Barkham Jeremy Clarke
Nancy Rowland Roz Shafran Mary Target

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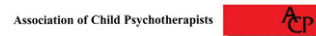
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