

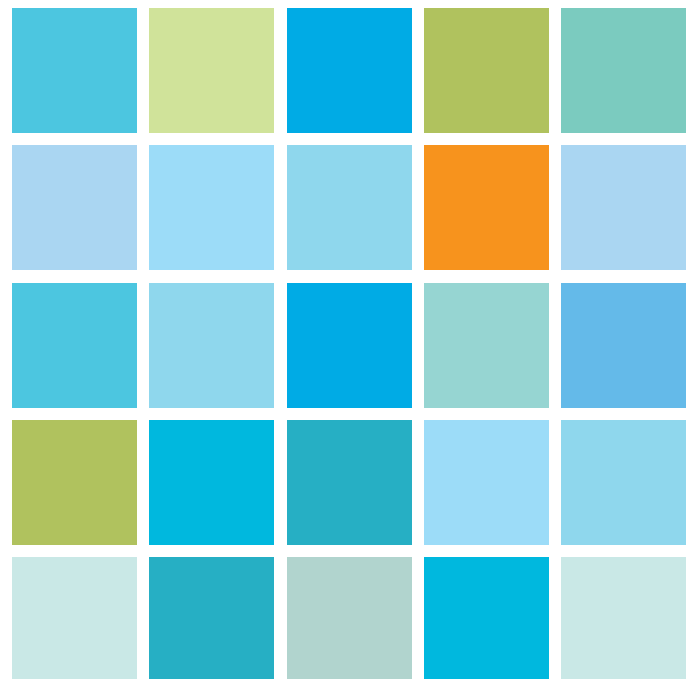
Psychological Therapies in the NHS Science, Practice and Policy

Friday 30 November – Saturday 1 December 2007 Savoy Place, London

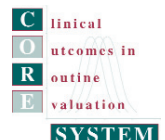
A major new conference examining the challenge, and the opportunity, of evidence based practice for the psychotherapy professions

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

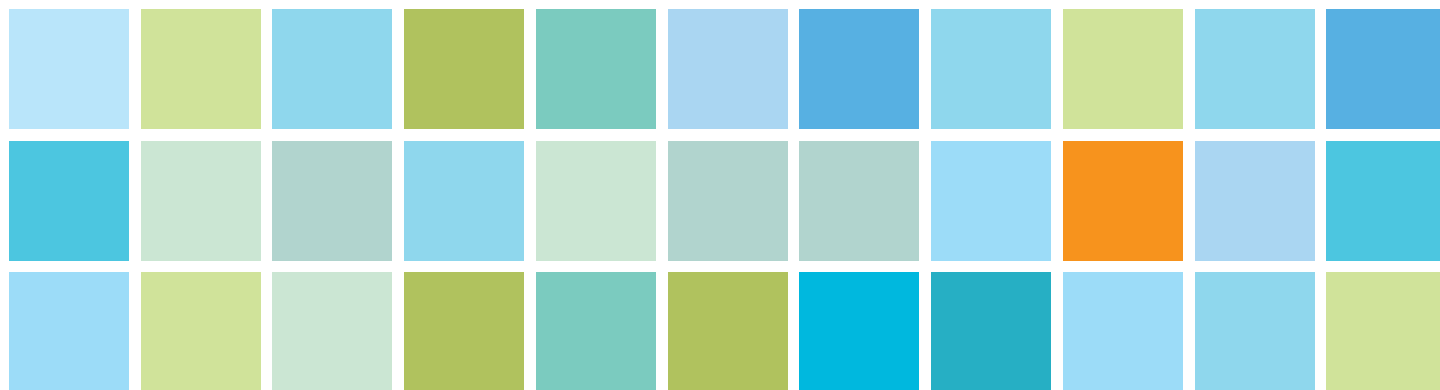


SUITABLE FOR YOUR CPD PROGRAMME

Psychological Therapies in the NHS Science, Practice and Policy

Friday 30 November – Saturday 1 December 2007 Savoy Place, London

A major new 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 looks set to be a fascinating programme of discussions.

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.

Evening Conference Reception
Sponsored by:

PRIORY

Jeremy Clarke *Chair*; Malcolm Allen *Deputy Chair* Conference Steering Committee
Michael Barkham and Phil Richardson *Scientific Advisors*

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 Richard 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 *Tavistock Professor of Developmental Psychopathology* Tavistock 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

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

Response

- evaluation, evidence and experience
- how can data inform policy, planning and personal choice?

15.00 Tea and exhibition

15.30–16.30 Conference Splits

Stream A – Masterclass

Evidence Based Practice The state of the art in treating common mental illness

Chair: Dr Matthew Patrick *Trust Director*
Tavistock and Portman NHS Foundation Trust
Professor Robert Elliott *Professor of Counselling*
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 and *Clinical Professor of Psychiatry*
Weill Medical College of Cornell University, New York
Professor Lars-Göran Öst *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*
NHS Confederation
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

- operationalising 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**

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'ters
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 Arnoud Arntz
*Professor of Clinical Psychology and Experimental
Psychopathology and Psychotherapist*
Riagg Maastricht, Netherlands

Professor Anthony Bateman
Consultant Psychiatrist in Psychotherapy
Barnet, Enfield and Haringey
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
Professor Catherine Itzin
Director Department of Health and National
Institute for Mental Health in England Victims
of Violence and Abuse Prevention Programme
Dr Roger Kennedy *President*
British Psychoanalytical Society

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

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

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Conference Registration



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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 choice of attending Stream A, Stream B or one of the seminars in Stream C. Please indicate which you are most likely to attend:

DAY 1	<input type="checkbox"/> Stream A Evidence based practice	DAY 2	<input type="checkbox"/> Stream A Evidence based practice
	<input type="checkbox"/> Stream B This house believes...		<input type="checkbox"/> Stream B This house believes...
	<input type="checkbox"/> Stream C Seminar 1 – To be efficient, effective and acceptable to patients		<input type="checkbox"/> Stream C Seminar 1 – To be efficient, effective and acceptable to patients
	<input type="checkbox"/> Stream C Seminar 2 – To achieve equity, as well as access		<input type="checkbox"/> Stream C Seminar 2 – To achieve equity, as well as access
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Evening conference address and reception Please tick here if you would like to attend

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.

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

Date
Friday 30 November – Saturday 1 December 2007.

Conference fee
£380+VAT (£446.50). 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.

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With thanks to programme authors...

Jeremy Clarke (Chair) Malcolm Allen (Deputy Chair)
Michael Barkham and Phil Richardson (Scientific Advisors)

Andy Bell
Jo-anne Carlyle
Paul Corry
Kam Dhillon
Richard Evans
Paul Farmer

Matt Fossey
Alison Foster
Tirril Harris
Cristian Holmes
Avis Johns
Gillian Leng

Chris Mace
Susan McPherson
John Mellor-Clark
Matthew Patrick
Mark Peterson
Steve Pilling

Nancy Rowland
James Seward
Mary Target
Linda Treliving
Graham Turpin

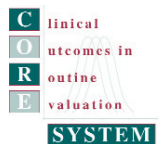
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Anna Bravessmith
David Clark
Ronald Doctor
Chris Evans

Ralph Goldstein
Fiona Henderson
Steve Isaacs
Richard Layard

Francis Lillie
Julian Lousada
Phil Lucas
Joyce Piper

Jonathan Smith
Annabel Thomas
Tom Thorpe
David Veale



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