

# Pre-Conference SEMINARS

**TUESDAY 27th SEPTEMBER 9.30am - 4.30pm**

**PC1**

**"It may not be your fault, but it is your responsibility" - How compassion can help in work with relentless shame and self-criticism.**

Dr Deborah Lee, Consultant Clinical Psychologist, Head of Berkshire Traumatic Stress Service and Honorary Senior Lecturer at University College, London.

Shame and self attack are prevalent in many mental health problems such as psychosis, depression, PTSD, alcohol and drug problems eating disorders and low self-esteem. She draws on social mentality theory to explore the nature of shame-based, negative self-evaluations and presents theory-practice links on how to develop a compassionate mind in order to work more effectively with these cases. The workshop explores ways to develop inner compassion via imagery and the generation of compassionate feelings for the self and these techniques are illustrated in case material.

Shame-based trauma memories are highly distressing and disturbing for most people. The personal meaning conveyed in the fragmented images and flashbacks is often painful, condemning and shaming. This workshop will introduce the use of a compassion focused approach as a way to work with the affect of shame especially in the context of shame based flashbacks. In particular it will explore the importance of teaching techniques such as using compassionate imagery within reliving, and development of the capacity to self soothe to those who feel deeply shamed about who they are and what they have been through.

Level: intermediate with knowledge of trauma focused CBT

Reading list

Gilbert, P (2005) *Compassion: Conceptualisations, Research and Use in Psychotherapy*. London Brunner-Routledge. Grey, N., Young, K., & Holmes, E. (2002). Cognitive restructuring within reliving: a treatment for peritraumatic emotional "hotspots" in posttraumatic stress disorder. *Behavioural and Cognitive Psychotherapy*, 30, 37-56.

Lee, D.A (2009). *Compassion Focused Cognitive Therapy For Shame-based Trauma Memories and Flashbacks in PTSD*. In Grey, N. (Eds.) *A Casebook of Cognitive Therapy for Traumatic Stress Reactions*. Chapter 15. London: Brunner-Routledge.

Lee, D.A. (2009). Using a compassionate mind to enhance the effectiveness of cognitive therapy for people who suffer from shame and self. In Sookman, D. & Leahy, R. (Eds). *Treatment Resistant Anxiety Disorders* New York: Routledge.

Lee, D.A. (2005) *The perfect Nurturer: Using imagery to develop compassion within the context of cognitive therapy*. In Gilbert (Ed.) *Compassion: Conceptualisations, Research and Use in Psychotherapy*. London Brunner-Routledge.

knowledge. There are now a number of measures available, each with pros and cons, but none with the final answer. This pre-conference workshop examines what is known about risk and how to assess it, and offers tips for communication about risk. It reviews several measures currently available and offers resources so that participants can return to work ready to use new knowledge. Interviewing practices are also reviewed.

**PC2**

**Emerging Models for Assessing Risk in Adolescents who have Sexually Abused.**

David Prescott - Becket Programs of Maine, USA

Across time, place, and culture, adults have long had difficulty understanding and predicting the behavior of younger generations. The past two decades have seen considerable advancement in our understanding of young people who abuse. However, there are few resources that have compiled this

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**PC3**

## Top tips for assessing risk in sex offenders: a beginner's guide

Jackie Craissati, Consultant clinical & forensic psychologist

Sex offenders are one of the most intensively researched group of offenders, and there is an unusually consistent evidence base to underpin any risk assessment. Striving to achieve an accurate opinion on risk which is embedded in the evidence base has many functions: it protects the public whilst

retaining an ethical integrity towards the offender; it allows for judgements about relative risk and the appropriate allocation of resources; and it provides evidence of defensible decision-making in a culture of intense public anxiety.

This one day workshop is aimed for those who are new to the field or those who lack confidence in their risk assessment skills. It will be a lively and informative day, the primary aim being to equip the participant with confident skills to assess the risk of most sexual offenders with regard to the evidence base.

**PC4**

## Externalising the Internal: The use of metaphor, theatre and drama in groupwork with adult men and adolescents who have committed sexual offences

Geese Theatre Company

This workshop will invite participants to experience and practise a variety of theatre and drama based methods for use in groupwork with adult sex offenders and adolescents who display sexually harmful behaviour. In more detail the workshop will explore:

- Games and exercises for developing group cohesion and trust
- Games and exercises to facilitate discussion around elements of offending
- The interactive observer: Creating simple theatre to provoke discussion
- The use of frozen images: Actively involving group members in theatre
- Working with metaphor and 'mask' in groups

Please note that this is an experiential workshop, although no previous drama or theatre experience is necessary.

Geese Theatre Company is an internationally renowned team of applied theatre practitioners and group workers, working primarily within the UK Criminal Justice System. The company presents interactive theatre performances and facilitates workshops, specialised training for professionals and consultation for criminal justice organisations and

related agencies. These include the National Probation Service, prisons, special hospitals, young offender institutions and youth offending services. The company has a reputation for innovative and dynamic work with adult and young offenders, which has been validated by independent, academic research to have an impact on attitudinal and behavioural change.

The company believes that theatre and drama-based methods are a powerful and effective catalyst for promoting personal development and change. Liaising closely with Criminal Justice System professionals since 1987, the company has worked with more than 150,000 offenders and young people at risk and 50,000 other individuals.

Geese is widely acknowledged as being one of the key organisations championing the role of the arts in the Criminal Justice System and has been the subject of two nationally broadcast documentaries, received a BAFTA Interactive Award, a Barclays New Stages Award, a Butler Trust Certificate for a theatre-based offending behaviour programme, and in 2009 received the Royal Society for Public Health's "Arts and Health Award" for innovative work with offenders with mental health issues.

**These full day seminars will take place on the day before Conference and will give attendees the opportunity to study an issue in more detail in the company of expert presenters. The seminars are competitively priced and can be booked on the enclosed application form. Places are limited, so please book early to avoid disappointment.**