 Comprehend, Cope and Connect: affect driven formulation and interventions to enable the individual to take charge, and to distribute psychological practice throughout a team.

Either: a one day workshop

Or: two linked day workshops

Isabel Clarke

Background

Individuals seeking help from mental health services are generally driven by a lived experience of intolerable emotion. Understandably they try to escape this, whether by withdrawing, ruminating, taking substances etc. These strategies provide immediate relief, but prove counter-productive in the medium to long term and are labeled as symptoms. The simple formulation approach offered in this workshop seeks to engage by targeting this emotion, and the behaviour patterns that try to manage it but in fact serve to maintain it. Once engaged, therapist and client can work together to identify ways to break these vicious cycles and enable the individual to take charge of their own mental health difficulties.

The approach encourages a Recovery, responsibility taking, orientation for the client. It is further designed to spread this orientation throughout the workforce, enabling all grades of staff to think about peoples’ problems psychologically, and support psychological treatment approaches. These become an essential and not an optional part of the treatment.

The approach has been adopted by Acute and CMHT services in Sheffield, Surrey, Hampshire, N.Ireland, Warwick and Edinburgh, and has been adapted within Hampshire IAPT for individuals too complex for the prescribed treatments. A cross-cultural variant is in development. The recently published: Third Wave CBT Integration for Individuals and Teams: Comprehend, Cope and Connect, by Clarke and Nicholls sets out the approach.

The approach fits the 'Third Wave' CBT paradigm ( Dialectical Behavior, Compassion Focused therapy etc.) in using mindfulness and other coping skills to target emotional avoidance, once the individual has been engaged and understands the rationale through the formulation.

This workshop will allow participants to the practice the formulation for their clients as well as introducing the treatment possibilities that the formulation opens up. These treatment programmes lend themselves to distributed delivery by teams and other professionals. A CCC programme for complexity in IAPT is being evaluated. A second day with an interval between will make possible in depth skills work and practice between sessions.

Objectives

* Introduce a cross diagnostic, “Third Wave” approach to mental health problems, and its evaluation, with opportunity to practice the formulation.
* Introduce treatment approaches, based on the DBT skills training idea, but applied across diagnosis, designed to enable the individual to take charge of their mental health issues.

Learning Objectives

* To be able to create an immediate formulation of a complex case using the approach.
* To be able to use the approach to engage hard to engage clients
* To have been introduced to the use of mindfulness to break vicious cycles maintaining mental health problems.
* To have been introduced to the rationale of the following programmes: Emotional Coping Skills, Compassionate Mind focused self esteem work and an innovative approach to psychosis.
* Shows how to deliver interventions through DBT informed groups, including an Emotional Coping Skills Group, individual sessions, and coaching sessions.
* Shows how to engage teams in delivering the programme through training, supervision, and reflective practice.

Training Mode

Didactic; using power point and demonstration formulation, with a strong emphasis on discussion and interaction.

Participatory; including role play, group clinical formulation exercise.

Key References

Clarke, I. & Nicholls, H. (2018).Third Wave CBT Integration for Individuals and Teams: Comprehend, Cope and Connect. London::Routledge.

Araci, D. & Clarke, I. (2017): Investigating the efficacy of a whole team, psychologically informed, acute mental health service approach, Journal of Mental Health Journal. 26, 307-311

**Isabel Clarke** is a consultant clinical psychologist, with over 20 years experience in the NHS. 2012 -2014 she led a project to embed this psychological therapeutic approach across the Southern Health NHS Foundation Trust acute mental health teams. Previously she was psychological therapies lead in a mental health inpatient unit, specialising in complex presentations, both psychosis and personality disorder, where she developed an innovative approach to place psychological treatment at the heart of the service. This approach has been evaluated and published when applied in the acute setting ( Araci & Clarke 2017), and is currently being evaluated within IAPT. She is an experienced presenter (e.g. BABCP, DCP etc conferences).

For more information about this training, contact Isabel on: isabel@scispirit.com

More information about her publications and activities: [www.isabelclarke.com](http://www.isabelclarke.com)