

The North West Psychological Professions Network

North West PWP Professional Network Masterclass

**For all Psychological Wellbeing Practitioners working in
NHS funded services**

Date: Tuesday 1st September 2015, 9:00am – 4:30pm

**Venue: University of Central Lancashire, Brook Building, Room 438,
Victoria Street, Preston, PR1 7AY**

This one day event enables PWPs to discover more about working with couples and/or working with more than one patient in the room (e.g. group or family work or partner-assisted CBT) using evidence based NICE recommended approach for couples as a treatment for mild to moderate depression in IAPT Services.

The day will focus on:

- What is Couple Therapy for Depression?
- When to refer clients for this approach
- How to “think couple” and how to work with more than one person in the room
- Knowledge and understanding of the basic principles of couple therapy
- Ability to use techniques that focus on relational aspects of depression

Outline Programme:

Morning

- 9:00am – 9:15am Arrival & Registration
- 9:15am – 9:30am Introduction to the Choice Agenda - Wendy Saint, Pennine Care NHS Foundation Trust
- 9:30am – 1:00pm Dr Sabah Khan & Kate Thompson, The Tavistock Centre for Couple Relationships

Afternoon

- 2:00pm – 4:20pm Dr Sabah Khan & Kate Thompson, The Tavistock Centre for Couple Relationships
- 4:20pm – 4:30pm Next steps & actions - Wendy Saint, Pennine Care NHS Foundation Trust

We are the Local Education and Training Board for the North West