Making Sense of Crisis: affect driven formulation and interventions to enable the individual to take charge, and to distribute psychological practice through a team.

Either: a one day workshop

Or: two linked day workshops

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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 dysfunctional 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 is designed to introduce people referred to the mental health services to a Recovery orientation, where they have the central role in making change, from the outset.

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 fits the 'Third Wave' CBT paradigm (Acceptance and Commitment Therapy, Dialectical Behavior 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 introduce participants to the practice of making such a formulation for their clients as well as the treatment possibilities that the formulation opens up. These treatment programmes lend themselves to more distributed delivery by teams and other professionals. 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 presentation 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 role play, with a strong emphasis on discussion and interaction.

Participatory; including role play, group clinical exercises using vignettes etc.

Key References

Clarke, I. & Wilson, H.Eds. (2008) Cognitive Behaviour Therapy for Acute Inpatient Mental Health Units; working with clients, staff and the milieu. London: Routledge.

Clarke, I. (2010 ) ‘What is Real and what is not: Towards a Positive Reconceptualisation of Vulnerability to Unusual Experiences. In I. Clarke, Ed. *Psychosis and Spirituality: consolidating the new paradigm.* Chichester: Wiley

Clarke, I (1999) Cognitive Therapy and Serious Mental Illness. An Interacting Cognitive Subsystems Approach. *Clinical Psychology and Psychotherapy*, 6 375 – 383.

Durrant, C., Clarke, I., Tolland, A. & Wilson, H. Designing a CBT Service for an Acute In-patient Setting: A pilotevaluation study.(2007) *Clinical Psychology and Psychotherapy* . 14, 117 – 125.

**Isabel Clarke** is a consultant clinical psychologist, with 20 years experience in the NHS. She is currently lead for a project to embed a 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 (Durrant et al 2007, Clarke 2008, Clarke 2009). She has also published and organised Symposia at national and international conferences and given workshops (for instance for the BABCP Edinburgh conference) on the approach.

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