

# Emotional Processing Therapy for Post Traumatic Stress Disorder

*Dr Roger Baker, Professor of Clinical Psychology, Bournemouth University*

**Friday 26 October 2018**

Horizon Leeds, Brewery Wharf, Kendell Street, Leeds, LS10 1JR  
9am Registration, 9.30am Welcome and 4.30pm, Close

Using a mixture of teaching, skills training, role play, discussion and exploring case studies, this workshop will explore what an emotional processing style is and how this is relevant to the development and presentation of PTSD. You will be shown how to assess emotional processing style and use a range of emotional processing techniques to improve the efficacy of therapy.

The workshop will help you to conceptualise emotional aspects of your therapy more effectively, and incorporate new emotional elements into your approach to therapy. You will also learn to understand your own emotional processing style better and normalise the therapy process, making it more accessible and acceptable to patients. In particular it helps patients understand and welcome exposure based therapies, which can often be regarded as punitive.

This course aims to provide delegates with:

- The understanding of how to conceptualise emotional processing aspects of therapy
- Learning how to assess emotional processing style
- The ability to practice Emotional Processing Therapy skills

## About our speaker:

Roger Baker has worked in a dual role as researcher and Clinical Psychologist at Leeds, Aberdeen and Bournemouth Universities and in National Health Service Trusts specialising in Mental Health. He is Professor of Clinical Psychology at Bournemouth University and formerly Consultant Clinical Psychologist in the National Health Service. He has specialised in the development of new emotion based therapies and assessments summarised in 3 books, 'Understanding Panic Attacks and Overcoming Fear' (now in its 3<sup>rd</sup> edition), 'Emotional Processing: healing through feeling' and 'Understanding Trauma: how to overcome Post Traumatic Stress'. The Emotional Processing Scale, a new way of assessing emotional processing for research and therapy, was published in 2015, and has been translated and used in research in 18 different languages.

## Course Fees:

**£185.00**

All learning materials, lunch and refreshments are included.

If you are paying by debit or credit card, why not BOOK ONLINE and receive a £10 discount on the advertised price?

## Reservations:

Please complete the reservation form overleaf and post or scan to: Events Administrator, Andrew Sims Centre, 2150 Century Way, Thorpe Park, Leeds, LS15 8ZB. (Please note this is our correspondence address only.)

## Study Methods and Accreditation:

Lectures, small group work, group discussions, question and answer sessions, case studies, case directed discussions etc. This course is eligible for 6 CPD hours subject to your peer group approval.

## This conference is suitable for:

Clinical Psychologists and clinical psychology trainers, Counsellors, Cognitive Behaviour Therapists, IAPT Practitioners and anyone interested in the treatment of PTSD

# Andrew Sims Centre Reservation Form



Leeds and York Partnership  
NHS Foundation Trust

Course Title: **Emotional Processing Therapy for Post Traumatic Stress Disorders**

Date: **Friday 26 October 2018**

## YOUR DETAILS

PLEASE PRINT YOUR DETAILS IN BLOCK CAPITALS

Title ..... First Name .....

Surname ..... Job Title .....

Speciality .....

Trust / Organisation .....

Preferred Mailing Address .....

..... Postcode .....

Work Telephone ..... Mobile .....

Email .....

Dietary ..... Other .....

Signature ..... Date .....

## NEWSLETTER AND MARKETING

We want to stay in touch, to let you know about our future courses, discounts and ASC news. If you want to receive this information via our email Newsletter, sent every two weeks, please tick [ ]

## COURSE FEES

[ ] One Place £185.00

Promotional Code ..... Making Course Fee £.....

## BOOKING & PAYMENT OPTIONS

*Please choose ONE of the flowing payment options (1 to 6)*

- 1. ONLINE:** andrewsimscentre.nhs.uk and RECEIVE £10 DISCOUNT with credit or debit card
- 2. TELEPHONE:** 0113 855 5638 with credit or debit card
- 3. POST:** Administrator at Andrew Sims Centre, 2150 Century Way, Thorpe Park Industrial Estate, Leeds, LS15 8ZB
- 4. BACS:** Account Number: 10003312 Sort Code: 60-70-80  
Please use ref ASC261018-DELEGATENAME
- 5. INVOICE:** Please send a copy of Purchase Order with delegate details to andrewsimscentre.lypft@nhs.net  
Trust .....

Purchase Order Number .....

- 6. LYPFT Internal Transfer:**  
Budget Holder Name.....  
Budget Holder Email .....

Budget Code: .....

Budget Holders signature .....

Budget Transfer will occur in October 2018

**All Payment must be received in advance of event.**

## HOW TO BOOK

If you are paying by debit or credit card, please BOOK ONLINE, otherwise please complete the reservation form and either post to: **Events Administrator, Andrew Sims Centre, 2150 Century Way, Thorpe Park, Leeds, West Yorkshire, LS15 8ZB** or Email it to **andrewsimscentre.lypft@nhs.net**.

Please note this is our correspondence address only. Please check individual courses for venue details.

## PAYMENT METHODS

Your course fee has been prepaid by the medical study leave budget. Please note you must still apply for study leave approval through your usual channels to be able to attend.

## ACCREDITATION

This course is eligible for 6 CPD hours subject to your peer group approval.

## THE VENUE

Horizon is located in Leeds city centre, just a short walk from Leeds Train Station.

If you're travelling by car, it is easily accessible from the motorway network and located next to the Brewery Car Park, a large pay and display car park with long and short stay parking. For SatNav please use postcode LS10 1JQ.

## CONFIRMATION OF RESERVATIONS

All reservations will be confirmed immediately in writing. Further details including programme times and venue information, will be forwarded approximately 2 weeks prior to the event date. Please ensure you have provided an email address as all booking confirmations will take place by email.

## RESERVATION & CANCELLATION POLICY

Please only book on to the course if you have studyleave approved. Please advise of any cancellations as soon as possible. Internal to allow another member of staff to come in your place.

## FURTHER INFORMATION

The Andrew Sims Centre ("ASC") is part of Leeds and York Partnership NHS Foundation Trust ("LYPFT"). Your personal information will be stored and processed by the ASC, Pure360 and Attercopia Ltd according to the General Data Protection Law ('GDPR'). If you would like further information about this please contact us.

Your personal information will be used by the ASC to process your application to attend our events.

If you would like to keep up to date with our events and activities, please tick [ ]

If you have booked with the ASC before and already receive our Newsletter and want to unsubscribe please tick here [ ]

If you would like your details to be made available to our third-party partners such as selected event co-partner organisations, or to companies sponsoring or exhibiting at our events, please tick [ ]