Keynote: Beginnings of therapeutic relationships
Dr Matt Burdock

The aim of Matt's talk on engagement will be to get you thinking about the skills you already have when it comes to building therapeutic relationships, as well as skills you might not be aware that you have! He will share some examples of strategies he uses at Bluebird House, which can be a particularly challenging environment within which to engage young people in therapy.

Matt is a Highly Specialist Clinical Psychologist who, since qualifying in 2016, has worked at Bluebird House, a medium secure forensic mental health service for young people. He is an advocate of attachment-informed care and is in the process of completing Foundation Training in CAT. Prior to qualifying, Matt worked as a trainer in financial services, as an acupuncturist in the physiotherapy department of an orthopaedic hospital and in an IAPT service. When not at work or with his family, Matt plays guitar and piano in Bluebird House's rock band, Richard and the Rip-Proofs.

Formulation Workshop 1: Formulating with Cultural Humility
Samantha Rennalls: Third year UCL clinical psychology trainee, cofounder of the UCL graces reflective space, Race and Culture lead for the DCP minorities subgroup
Vallabhi Khurana: Third year UCL international clinical psychology trainee from Hong Kong, cofounder of the UCL graces reflective space.
Maria Mateen: Third year UCL clinical psychology trainee, cofounder of the UCL graces reflective space.

We're hoping to cover two key components in our talk - 1) formulating and understanding one's own cultures and it's relevance to our identities as self and professionals and 2) introducing culture into existing formulation frameworks in a collaborative and tentative fashion

Formulation Workshop 2: Formulation and the therapeutic relationship: Working with individuals and teams
Dr Claire Corbridge

This session with draw on Cognitive Analytic Therapy (CAT) to consider the therapeutic relationship when working with individuals and teams. As a relational model CAT is well placed to provide a useful way of understanding and working with individuals and the wider system. An overview of CAT and key theoretical constructs will be outlined, and consideration will be given to how this can be used to understand the dynamics can that sometimes present in the therapeutic relationship, with consideration given to working individually and as part of a team.

Claire Corbridge is a Consultant Clinical Psychologist, CAT practitioner and supervisor, and works for Southern Health NHS Foundation Trust as the Divisional Lead for Psychological Therapies for South West Hampshire. She has extensive experience of working in adult mental health services in the NHS.
Formulation Workshop 3: Putting Experiencer and Experience at the Heart of Formulation
Isabel Clarke

This talk will introduce the Comprehend, Cope and Connect (CCC) approach. CCC starts with collaborative, individual formulation – which then informs the thinking and working practice of the wider system in a psychological and trauma-informed way. For more information, see: www.isabelclarke.org

Isabel Clarke is a consultant clinical psychologist with over 25 years’ experience working as a therapist in the NHS with people with complex problems. She has developed a trans-diagnostic, trauma-informed, formulation based approach, Comprehend, Cope and Connect (CCC), which has been applied in acute services and beyond, enabling individuals to be understood at an emotional, felt sense, level and teams to work psychologically. Psychosis and spirituality, and the psychology of spirituality are further areas of specialism. For more information, see the website: www.isabelclarke.org  Most recent publication: Clarke, I. & Nicholls, H. (2018) Third Wave CBT Integration for Individuals and Teams: Comprehend, Cope and Connect. Routledge.

Making room for the experience of ‘failure’ from an ACT perspective - an experiential reflection session
Dr Rachael Wood, Clinical Psychologist Southampton Psychological Services Southern Health Foundation NHS Trust

Since qualification in 2002 I have mainly worked in adult mental health in the community and for many years was a CMHT psychologist. Through this role in addition to becoming an accredited CBT therapist I also developed an interest in Acceptance and Commitment Therapy (ACT) and in working with people with psychosis. I have been in my current role as co-lead on the community psychology psychosis pathway in Southampton since 2016. Over the years I have extensive experience of offering supervision to a range of professionals including clinical psychology placements and running reflective practice sessions for MDT colleagues. For the last 5 years I have also done some sessional working supervising students at Southampton University on the High Intensity IAPT CBT diploma course.

Reflection: Making sense of ‘failure’: Navigating Personal, Professional and Political Selves
Dr James Randall

James will facilitate a reflective space entitled “Making sense of ‘failure’: Navigating Personal, Professional and Political Selves”. The word failure is potent, perhaps powerfully evocative too. In what ways do we recruit different aspects of ourselves in order to survive, sustain, and enrich those moments that pave our muddling and fumbling forwards? This is a space for aspiring clinical psychologists who hope for something a little different within the profession; but that is for the making within our discussions.

James Randall is a tattooed, vegetarian clinical psychologist working with children and young people within the NHS and social services. He is editor of the book ‘Surviving Clinical Psychology: The personal, professional & political selves on the journey to qualification’ (see #SurvivingClinicalPsychology). Find him on twitter via @Randall_JAC