

BABCP Annual Conference – Warwick 2015

I was able to attend two days of this conference due to the kind funding of the Foundation and immensely enjoyed it.

I had decided to attend a one day workshop on Radically Open DBT with Prof. Tom Lynch which was held as one of the pre conference workshops.

Radically open DBT is a new treatment that targets over controlled behaviour. It has been used to treat rigid responses and emotional inhibition thought to underlie many treatment resistant conditions such as anorexia nervosa. Although this was not a skills based workshop, it has provided me with enough information to know that this would be helpful for my patients and I would very much like to go on to study it further.

Various other short presentations were also on offer. Some regarding updates within the IAPT structure presented by NHS England, recent studies on intolerance of uncertainty and trauma in children, adolescents and families, all of which provided informative and interesting outcomes. I was also able to meet up with old colleagues, share information and ways in which we work. I certainly returned to work with a lot of enthusiastic energy.

A conference well worth attending. Many thanks to the Foundation for enabling me to attend it!

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