

Annual Conference – BABCP, Bath 2019 (three-day conference)

I am an accredited Cognitive Behavioural Therapist working full time in private practice for the past two years. I work with children, adolescence and adults from the age of 12 upwards. My referrals come via schools, GP's and private health agencies. I see a wealth of different diagnosis however increasingly I see adolescence with anxiety disorders and OCD.

I am a lone practitioner and although I have a sound net work of professionals I link in with, the conference is always a fantastic opportunity for me to meet other CBT Therapists, hear and explore other opinions, listen to latest developments and network. Most of all it installs my confidence in my ability to deliver my skill set and I come away feeling re-inspired, energised and excited to get back to doing the job I love.

The conference has three different elements to it. Pre-conference workshops that are more skilled based, Keynote addresses which tend to be more scientific with a research analysis and clinical skills classes.

One of the most interesting and helpful workshops I attended was based on complex presentations of OCD. The information and inspiring approaches I have already begun to implement into my work.

This year there were more opportunities to meet up with other independent practitioners. An independent workshop was run enabling practitioners to share knowledge, assess ways in which they work and bring together a wealth of knowledge in order to enhance service delivery and positive outcomes. This was an integral part of the conference for me. It helped me to consider my service delivery and explore ways in which my practice could be enhanced in order to meet more specifically my patients needs but also the wider model of my business.

I am hugely grateful to the FPSA for funding this conference for me. It was thoroughly enjoyable, inspiring and reinvigorating.