

Firstly, I would like to take this opportunity to thank the FPSA for their contribution in supporting my application. The main function of attending the conference included gaining a greater understanding of recent developments, as well as becoming aware of future progressions in the field of Cognitive Behavioural Psychotherapy. In addition, this opportunity allows sharing and engaging with similar colleagues who work within the Child and Adolescent Mental Health Services (CAMHS) across the UK and beyond.

Attending the conference, listening and engaging with the activities has allowed me to consider and utilise new developments such as research on different adaptations ranging from acceptance and commitment, working with complex trauma to cultural adaptation of Cognitive Behavioural Psychotherapies. The main topics that I found relevant and engaged with included a greater understanding of the cultural adaptation of Cognitive Behavioural psychotherapy whilst working with traumatised children as well as considering their different cultural backgrounds. Furthermore, I had an opportunity to attend a keynote speech on recent developments in measuring therapist's competencies that also was highly beneficial.

There were several keynote speakers and researchers from across the globe, offering wide and comprehensive presentations on their topics such as pain, trauma, competency of therapists and many more.

Attending this conference allowed me to gain a broader knowledge of recent developments that I can share with and discuss in our team, here at Flintshire CAMHS. I believe that having attended the conference and skills workshop that were embedded within the conference has helped me to become more aware of different techniques. Therefore, being able to utilise and apply the new learnt skills in my practice will benefit my client group here at CAMHS.

I would like to thank again FPSA and the board of trustees for offering me this opportunity and hoping to be able to offer a better service for the treatment of child and adolescents who have experienced complex trauma.

Many thanks for your support

Yours sincerely

Dr Faramarz Hashempour,

Consultant Psychotherapist