

Integrating imagery into Cognitive Therapy: Some New Horizons

Three-day course with Dr. Ann Hackmann

San Sebastian, Basque Country, Spain

2-5 July 2012



Recently there has been an increasing interest in mental imagery in psychopathology, but clinicians remain somewhat unsure of how to work with it in an organized manner within cognitive therapy. This workshop is designed to help clinicians to understand that there are various types of images, appraised in a variety of ways, triggering differing responses. Hence imagery can function in several ways to maintain psychological problems. We will present methods of using micro-formulation of imagery in cognitive therapy to help guide our thinking in treatment.

Arising from this set of general principles concerning formulation, we will discuss a range of interventions that can be used across a wide range of psychological disorders to mitigate the effects of intrusive imagery. Imagery addressed will include: distorted images of the past, present or future; intrusive memories; metaphorical images and dreams. These interventions will be demonstrated using role-plays and video material, and there will be opportunities to practice the various interventions. Underlying theory will be discussed, and recent research on imagery in mood disorders, anxiety disorders, childhood trauma and pain will be presented. We will also explore recent ideas about promoting positive imagery.

Participants should leave the workshop with a clearer picture of how to understand imagery from a clinical and theoretical perspective, how to formulate problems in which imagery plays a role, and how to intervene to assist emotional processing, and

transform or remove various types of disturbing imagery including nightmares. In addition to discussing our understanding of the general principles behind this work we will also present a first attempt at providing a taxonomy of the wide range of therapy techniques that are used more generally already.

About the Presenter:



Dr. Ann Hackmann is a clinical psychologist, who worked from 1985-2007 in a research group headed by Professor David Clark and Professor Anke Ehlers, specialising in the development of cognitive therapy protocols for anxiety disorders. Ann has worked as a therapist in the University Department of Psychiatry at Oxford, and at the Institute of Psychiatry in London, on many RCTs. She has done research on phenomenology of anxiety disorders and refinement of treatment strategies. She collaborated with Professor Chris Brewin on a study of imagery rescripting as a stand-alone treatment for depression. Her special interest is in imagery and its relationship to memory in psychopathology, and with Emily Holmes she edited a special edition of *Memory* (2004) on this topic. She has recently published the *Oxford Guide to imagery in Cognitive Therapy*, with James Bennett-Levy and Emily Holmes as co-authors. She was one of the editors of the *Oxford Guide to Behavioural Experiments in Cognitive Therapy* (2004), and an author of *Cognitive Therapy of the Anxiety Disorders: Mastering Clinical Challenges* (2007). She has also provided training in cognitive therapy at the Oxford Cognitive Therapy Centre, and in many national and international settings.

The course is suitable for psychologists, psychotherapists, psychiatrists and nurses with experience of working therapeutically with people with mental health difficulties. The course assumes prior experience of conducting psychotherapy and does not provide an introduction at this level

Course length: 3 days. 2-3 July and 5 July 2012, 08.45-12.00 and 4.00 p.m. - 7.00 p.m. 4 July day off

Course fee: £ 550 including welcome dinner and refreshments. Accommodation is not included. Read further down about accommodation.

Location: Hotel San Sebastian in San Sebastian. San Sebastian (Donostia in the Basque language) in the Basque country of Northern Spain is ideally situated on an excellent spot on the Bay of Biscay. San Sebastian is a



bustling city with a population of 185,000 inhabitants, , being the cultural capital of the Basque country as well.

With its blend of cosmopolitan style and old-world ambience, **San Sebastian** is the perfect summer getaway. The area attracts tourists with its three lovely beaches: the Ondaretta , the Playa de Gros, and the Playa de la Concha .

As evening strikes, Playa de la Concha is bejeweled with white lights, including along the path that lines the beach and the statue of Jesus that stands high above the city, overlooking everything.

To complement the beaches, San Sebastian charming old quarter is bursting with cafés, bars, clubs, and restaurants where you can try their tasty tapas. Other attractions include the Baroque Church of Santa Maria , the Gothic Church of San Vicente, and the Museo de San Telmo , a former 16 th century convent.

Hotel San Sebastian



The course is held at Hotel San Sebastian (www.hotelsansebastian.net) a 4-star hotel located in the Ondaretta area, just five minute walk from the Ondaretta beach. 25 minutes walk or five minute by bus from the city center. Twin room 115 Euro per night. Single room 95 Euro per night. Breakfast 12 Euro. VAT 10% included.

Information and course registration: Contact Eva Hedenstedt, Wise Mind AB, Sweden, eva@wisemind.se +46 702652575,+46 90774735 www.wisemind.se *Last day to register 1 May 2012*