



Systemic Workshop – The Exeter Model – Couples therapy for depression

Limited spaces available to join the Clinical Psychology cohort on this three day training – do not miss this opportunity!

Dates: 29th October, 30th October, and 6th November 2018

Venue: Room 237, Washington Singer Building, University of Exeter

Intensive training information

This is a three day intensive course that was developed originally in collaboration with the University of Exeter's Mood Disorders Centre, which has a brief to research and provide treatment for depression according to NICE guidelines. Behavioural couples therapy is one of the recognised NICE therapies for the effective treatment of depression. Current research suggests people with depression may benefit most from both behavioural and empathic strategies, which the Exeter Model teaches. The Model represents a collation of the purely behavioural techniques indicated by the RCT manualised research informing the NICE recommendation and also the systemically informed techniques that are both behavioural and or empathic identified by the UK Expert Reference Group on Couple Competencies. The teaching draws from the Exeter Model manual and will include role play, case material, group work and DVD examples of clinical work within the Exeter Model.

Trainer - Hannah Sherbersky MSc, Systemic Psychotherapist, UKCP Supervisor.

Hannah co-developed the Exeter Model and manual with Professor Janet Reibstein. Hannah is currently Academic Lead for the Systemic strand of the Child IAPT programme, Programme Lead for the Inpatient CAMHS training and Family Intervention for Psychosis course. She also teaches on the Doctorate in Clinical Psychology and with Mark Rivett, runs the MSc in Psychological Therapies. Hannah works clinically in the South West Regional In-patient Adolescent Unit in Devon. With Janet, Hannah has published on the Exeter Model and more generally on systemic supervision, family therapy and fundamentalism.

Fee & booking:

- Fee £150 for the three day workshop
- Booking via [online shop](#)

Enquiries:

- Email: DClinPsy@exeter.ac.uk
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