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: 12th October 2021, 10th November 2021, 16th November 2021

Venue: Washington Singer - Rooms WS025 (Day 1) and WS237 (Day 2,3)

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 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 - Dr Hannah Sherbersky - Associate Professor Hannah Sherbersky is a Systemic Family Psychotherapist and Deputy Director of Post Graduate Taught Programmes at the University of Exeter. Hannah co-developed the Exeter Model and manual with Professor Janet Reibstein. She has many years of experience working within the mental health service, as Family Therapist at a regional inpatient unit and as Co-Director of the Systemic Portfolio at the University. Here, with colleague Mark Rivett, she has helped to establish one of the most prolific systemic training providers in country. Hannah has co-developed six systemic courses, including systemic supervision, family therapy qualifying, CYP IAPT, family interventions and inpatient training courses and regularly liaises with Health Education England about delivery and commissioning. In 2020 Hannah completed her Doctorate in Clinical Practice, researching notions of ‘home’ within an inpatient context. She presents nationally and internationally and has published on various family therapy subjects. She is an Associate Editor for the Journal of Family Therapy and is interested in innovative delivery of systemic ideas, recently contributing to a BBC documentary about family therapy (2019), an online couple’s therapy app (2020) and a UKCP podcast (2020).

Fee & booking:
• Fee £150 for the three day workshop
• Booking via online shop

Enquiries:
• Email: DClinPsy@exeter.ac.uk

Join our Systemic CPD mailing list. For more detailed information please email Programme Lead: H.Sherbersky@exeter.ac.uk