

# Positive Psychology and Cognitive Behavioral Therapy

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## Not all therapy is the same

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Cognitive Behavioural Therapy (CBT) is an effective treatment for common mental health disorders. Technology is increasingly being used to deliver CBT. Technology enables patients to access treatment with a qualified therapist from home, via an Internet enabled device, at any time of the day. One method of delivering CBT via a computer is asynchronous, written (typed) communication. This method is known as IECBT. Over 7000 patients have had IECBT in the United Kingdom's NHS. IECBT has been benchmarked against face-to-face CBT demonstrating that patients have an equal chance of recovery. The researcher is undertaking a RCT in order to understand the longer term differences between face-to-face CBT and IECBT. This will be very important for the development of services in the future as, for the first time ever, it is possible to understand therapist behaviour in terms of fidelity to the CBT model and adherence to evidence based treatment protocols. Recovery rates in CBT have stagnated and it has been hypothesised that this is because therapists are not following the evidence base. IECBT gives clinicians explicit insight into how we can increase recovery rates, improve services and help people stay better for longer. Review of the clinical work of 180 CBT therapists has demonstrated that the most effective therapists are those that demonstrate fidelity to the CBT model and adherence to the evidence based protocols.

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## Developmental group psychotherapy for young people who repeatedly self harm

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Developmental group psychotherapy is a group treatment co designed by the presenter. This innovative programme was devised for young people aged 12 to 18 who repeatedly self harm. This presentation will look at the scale of the problems in the UK of young people who self harm. The research to date and will conclude with a workshop describing the treatment itself and how it is used in Practice. The treatment has been the subject of 3 Randomised Controlled Trials in the UK and in Australia.. There will be an opportunity to practice skills and additional personal testimonies from the young people themselves. The background and context will be described and details of the inclusion and exclusion criteria. The themes typically facing these youths are weaved into the treatment modality and techniques and skills identified to explore the dilemmas. The approach is an eclectic model and relies heavily on the well known curative factors of group Psychotherapy described by Yalom plus the use of CBT and DBT skills. The initial trial proved to have a significantly statistical effect on reducing self harm, depressive symptomatology and improve overall global functioning for the youths who took part in the group. It has been referenced in the UK NICE guidelines to be offered to young people who repeatedly self harm.

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## Notes: