

North of England PWP Conference

‘Developing the Evidence Base for Low Intensity Interventions’

A Collaboration Event between North West, North East and Yorkshire and Humber

Wednesday 14th September 2016 at York Racecourse

PROGRAMME

9:30 - 9:45	Arrival, Registration & Refreshments
9:45 - 10:00	<p>Welcome & Introduction</p> <p>Barry Foley, <i>IAPT Adviser for Health Education England working across Yorkshire and the Humber</i></p> <p>Cheryl Day, <i>Programme Lead, Health Education England working across Yorkshire and the Humber</i></p>
10:00 - 10:30	<p>Dilemmas in Step 2 Delivery - What are the Evidence - Based Choices?</p> <p>Prof Chris Williams, <i>Professor of Psychosocial Psychiatry, University of Glasgow & President of the British Association for Behavioural and Cognitive Psychotherapies (BABCP)</i></p>
10:30 - 11:30	<p>Stress Control at Step 2: Origins, Development and Evidence Base</p> <p>Dr Jim White, <i>Consultant Clinical Psychologist, Stress Control Ltd.</i></p> <p>Dr Jaime Delgado, <i>Lecturer in Clinical Psychology, University of Sheffield</i></p>
11:30 - 12:00	Refreshments & Networking
12:00 - 1:00	<p>Choice of Workshops Across the 3 North Regions presented by PWPs:</p> <p>A PWP Use of Digital Technology</p> <p>Katie Kay, <i>Project Lead, Health and Wellbeing College / Team Manager, Staff Wellbeing Service, Pennine Care NHS Foundation Trust & Deputy Chair of the North West PWP Professional Network</i></p> <p>Pain, Mental Health and the PWP Role</p> <p>John Firth, <i>Extended Scope Physiotherapist and PWP, Sheffield Teaching Hospitals NHS Foundation Trust</i></p> <p>Gill Randall, <i>Community Nurse and PWP, Sheffield Teaching Hospitals NHS Foundation Trust</i></p> <p>Nicola Willcocks, <i>Advanced Physiotherapist and PWP, Sheffield Teaching Hospitals NHS Foundation Trust</i></p>

	<p>The Development of a Northern Senior PWP Network</p> <p>Liz Kell, <i>Senior Lecturer in Psychological Interventions, University of Central Lancashire & Chair of the North West PWP Professional Network</i></p> <p>Heather Stonebank, <i>Senior PWP, Sheffield Health and Social Care NHS Foundation Trust</i></p> <p>Elizabeth King, <i>Senior PWP, Sunderland Psychological Wellbeing Service, Northumberland Tyne & Wear NHS Foundation Trust</i></p>
1:00 - 2:00	Lunch
2:00 - 3:00	<p>Behavioural Activation: Complex versus Simple Models</p> <p>Dr David Ekers, <i>Clinical Senior Lecturer - Psychological Interventions, Durham University</i></p>
3:00 - 3:15	Refreshments & Networking
3:15 - 4:00	<p>Combining Behavioural Activation with Physical Activity Promotion (BACpAc) for the Treatment of Depression: Development, Preliminary Outcomes and Adaptations</p> <p>Prof Paul Farrand, <i>Professor & Director of Step 2 Psychological Therapy Training, CEDAR, University of Exeter</i></p>
4:00 - 4:30	<p>Summary & Close</p> <p>Barry Foley, <i>IAPT Adviser for Health Education England working across Yorkshire and the Humber</i></p> <p>Clare Baguley, <i>Programme Manager & Mental Health Lead, North West Psychological Professions Network</i></p>