

Conferences

[50th Annual Conference London \(https://babcp2022.org/\)](https://babcp2022.org/)

[2022 Low Intensity Hybrid Event](https://babcp.com/Conferences/2022-Low-Intensity-Hybrid-Event) ▾ (<https://babcp.com/Conferences/2022-Low-Intensity-Hybrid-Event>)

[Conference - Beyond the room \(https://babcp.com/Beyond-the-room\)](https://babcp.com/Beyond-the-room)

[51st Annual Conference Cardiff \(https://babcp.com/Conferences/National-Conferences-and-Workshops/51st-Annual-Conference-Cardiff\)](https://babcp.com/Conferences/National-Conferences-and-Workshops/51st-Annual-Conference-Cardiff)

Low Intensity CBT: Faces and Facets of Practice

Special Hybrid Event: Imperial College and online

Huxley Building, Lecture Theatre 308, Wednesday 20 July 2022

The day before this year's Annual Conference at Imperial College, London we are running a special event for all professionals who deliver Low Intensity psychological interventions. The day will bring together Low Intensity workers across all the four home nations and will consider important topics such training, therapist wellbeing, emerging and established roles and practices, and effective engagement with diverse communities.

The morning will have a focus on the value of Low Intensity CBT interventions with discussion of practitioner wellbeing. The afternoon sessions will capture the variety of emerging Low Intensity roles and consider how Low Intensity CBT can be adapted to meet the needs of people with intersecting identities and diverse experience and needs, using the BABCP BAME Positive Practice Guide as a template and guide.

Programme

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| 9.30 | Welcome
Dr Allán Laville, University of Reading, and Liz Kell, University of Central Lancashire |
| 9.40 | Keynote Address: The Role of Low Intensity Professions within the National Context
Adrian Whittington, National Lead for Psychological Professions
NHS England and Health Education England |
| 10.15 | Panel Discussion: Low Intensity Interventions in the Four nations
Chair: Elizabeth Ruth
Panel:
Representatives from Scotland - Amanda White and Ishbel Begg, NHS Education for Scotland;
Representative from Northern Ireland - Dr Orla McDevitt-Petrovic, Ulster University
Representative from Wales - Taf Kunorubwe, University of South Wales
Representative from England - Dr Adrian Whittington, NHS England and Health Education England |
| 11.00 | Break |
| 11.20 | Compassion Leadership for Low Intensity Practitioners
Dr Sarah Watts, Clinical Lead for IAPT in the West Midlands |
| 11.50 | Actions for Low Intensity Practitioner Wellbeing
Elizabeth Ruth, University of Bradford |
| 12.05 | Questions & Answers |
| 12.20 | Lunch & Networking |
| 13.20 | Roundtable: Emerging and Established Roles and Practice
Chair: Catherine Gallop, University of Exeter
Children's Wellbeing Practitioner
Education Mental Health Practitioner
Psychological Wellbeing Practitioner
Mental Health & Wellbeing Practitioner |
| 14.10 | Engaging with Communities
Chair: Saiqa Naz, BABCP President-Elect |
| 14.45 | Break |
| 15.05 | Engaging with Communities
Presentations on effective engagement with communities in clinical practice from Low Intensity Practitioners
Opportunity for Questions & Answers
Daniela Zigova, Qualified PWP, BABCP Equality & Culture Special Interest Group
Laura Sirey, Senior PWP, First Step North Cumbria, BABCP Women & Gender Minorities Equality Special Interest Group, BABCP Low Intensity Special Interest Group |
| 15.45 | Closing Panel
Chair: Allán Laville
Participants: Taf Kunorubwe, Catherine Gallop, Saiqa Naz, Sarah Wattss, Adrian Whittington |

Registration Fees

	In Person	Online
BABCP Members	£35	£25
Non-members	£60	£40

[Register now \(https://eyas.formstack.com/forms/babcpfi\)](https://eyas.formstack.com/forms/babcpfi)

Please make all registration enquiries to ✉ babcp@eyas.co.uk (<mailto:babcp@eyas.co.uk>).