

Arts Psychotherapies Research Based Practice

- University Alliance
- Mentalization Based Arts Psychotherapies
- Brief Interpersonal Arts Psychotherapies
- Arts Psychotherapies Interventions for Psychosis
- Professional Leadership in Large Organisations

ICAPT
University Alliance

The International Centre for
Arts Psychotherapies Training

2013



A Creative
Vision for
wellbeing



ICAPT

University Alliance

The International Centre for
Arts Psychotherapies Training

A centre dedicated to your professional development in mental health

Research Based Practice Series

These trainings use recent evidence in clinical practice to support effective models of treatment across a wide range of clinical groups in mental health:

Mentalization Based Approaches to working with Psychosis (PSYCH1)

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Mentalisation Based Approaches to Arts Psychotherapies (IM1)

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Interpersonal Psychotherapy for Arts Psychotherapists (Ref: IIP1)

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Professional Consultancy for Leaders in Large Organisations (PL1)

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PhD Initiatives

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ICAPTmh is working with the International Centre for Research in Arts Therapies (ICRA) and Professors from a range of Universities to help further mental health specific research. PhD proposals with a clinical mental health focus are required to meet the criteria for support from the Arts Psychotherapies in Mental Health University Alliance (hosted by ICAPT).

Contact details

Bookings / General Enquiries:

Tel: 0208 438 1740

Email: icapt.cnwl@nhs.net

<http://www.cnwl.nhs.uk/resources/health-professionals/icapt/>

INTERNATIONAL CENTRE FOR
RESEARCH IN ARTS THERAPIES



Research Based Practice Series

Mentalization Based Approaches to working with Psychosis (PSYCH1)

The focus of the training days is to enable a patient to mentalize within interpersonal contexts. This is short means to be able to imagine possibilities about what might be happening from the other's perspective and to monitor ones own internal states of mind (including beliefs, desires feelings etc.) and to foster curiosity about the other persons internal world.

Other outcomes associated with the treatment focus, involve the emphasis on the reduction of negative symptoms and working with Psychotic symptoms.

The following will form the essential structure of the days:

- A three phase approach - engagement, facilitating mentalizing, ending
- Psychoeducation
- Roleplay
- The overlap between mentalizing verbal, paraverbal and non-verbal competencies in the arts psychotherapies

The models taught will be supported by qualitative and quantitative research including a competencies framework which puts the role of the arts media at the centre of the approach.



Other courses available:

- *Mentalisation Based Approaches to Arts Psychotherapies (BPD)*
- *Interpersonal Psychotherapy for Arts Psychotherapies*

Course details

To apply: please email icapt.cnwl@nhs.net / 0208 438 1740

Dates: Thursday 14th March 2013, 10.45 am – 5.00 pm
Friday 15th March 2013, 9.15 am – 4.30 pm

Location: Central and North West London NHS Foundation Trust, Stephenson's House, 75 Hampstead Road, London, NW1 7QP

Course Leads: Jean-Jacques Bonneau, Mario Eugster, Dominik Havsteen-Franklin, Anna Maratos & Kate Pestell

Fees: £250 – Employer funded / 40% off if paid before 31st January 2013 @ £150

£150 – Self funded / 33% off if paid before 31st January 2013 @ £100

£100 - Student/ Working less than 2.5 days per week



Research Based Practice Series

Mentalisation Based Approaches to Arts Psychotherapies for BPD (Ref:IM1)

Mentalisation based treatment (MBT) is an innovative form of psychodynamic psychotherapy, developed and manualised by Peter Fonagy and Anthony Bateman. Catherine Freeman, one of the founders of the model teaches techniques and theory on the training day. MBT has been designed for individuals with borderline personality disorder (BPD), who suffer from disorganised attachment and fail to develop a mentalisation capacity within the context of an attachment relationship.

Fonagy and Bateman suggest that mentalisation is the process by which we implicitly and explicitly interpret the actions of oneself and others as meaningful on the basis of intentional mental states.

Arts Psychotherapies MBT model, focuses on the re-representations (image, sound, movement, narrative) of self and other and alternative perspectives that underpin affect regulation and interpersonal dynamics. Verbal interactions in the context of arts psychotherapies practice will also be explored.

MBT supports Art Psychotherapists, Music Therapists, Drama Therapists and Dance Movement Psychotherapists in their work with patients diagnosed with borderline personality disorder or closely aligned conditions.

Other courses available:

- Interpersonal Arts Psychotherapies
- Mentalization Based Approaches to working with Psychosis

Course details

To apply: please email
icapt.cnwl@nhs.net / 0208 438 1740

Dates: Monday 25th February 2013
& Tuesday 26th February 2013
9.15 am – 4.30 pm on both days

Location: Central and North West
London NHS Foundation Trust,
**Stephenson's House, 75 Hampstead
Road, London, NW1 7QY**

Course Leads: Catherine Freeman,
Mary Oley, Dominik Havsteen-
Franklin, Paula Hedderley, Holly
Dwyer, & Kate Pestell

Fees: £250 – Employer funded / 40% off
if paid before 31st January 2013 @ £150

£150 – Self funded / 33% off if paid before
31st January 2013 @ £100

£100 - Student/ Working less than 2.5
days per week



Research Based Practice Series

Interpersonal Psychotherapy for Arts Psychotherapists (Ref: IIP1)

Interpersonal Therapy (IPT) is an empirically validated treatment for a variety of psychiatric disorders. The evidence for IPT supports its use for patients with depression although it has been modified to treat other psychiatric disorders such as substance abuse and eating disorders. It is recognised as an effective psychotherapy by the National Institute for Health & Clinical Excellence (NICE).



As a time limited treatment IPT is typically a 16 week intervention although it can be used in a maintenance capacity for recurrent depression. It takes its structure from psychodynamic psychotherapy with a particular focus on attachment theory and communication theory. IPT addresses relationships and social roles and bases its theoretical premise on the connection between interpersonal relationships and psychological symptomatology. IPT uses a range of structured interviews, assessment tools and treatment techniques which the course will cover such as:

- Interpersonal Inventory
- Interpersonal Problem Areas
- Interpersonal Formulation
- Present Focus
- Collaboration & Goal Consensus
- Communication Analysis
- Role Play of IPT interventions through use of Arts Psychotherapies

In addition the course will allow time to think about IPT and the use of creative arts media and how the IPT model can be adapted and incorporated into arts psychotherapy practice.

Course details

To apply: please email
icapt.cnwl@nhs.net / 0208 438 1740

Date: Monday 11th March 2013

9.15 am – 4.30 pm

Location: Central and North West
London NHS Foundation Trust,
**Stephenson’s House, 75 Hampstead
Road, London, NW1 7QY**

Course Leads: Diane Eagles &
Kate Pestell, Katrina Wynn

Fees: £150 – Employer funded / 33% off
if paid before 15th February 2013 @ £100

£100 – Self funded / 25% off if paid before
15th February 2013 @ £75

£50 – Student/ Working less than 2.5
days per week



Professional Leadership Consultancy

Professional Consultancy for Leaders in Large Organisations

We have a team of organisational consultants who specialise in NHS specific strategic development and are available to offer leadership coaching and support to help facilitate personal and organisational growth.

The sessions combine taught material with reflective supervision:

- Organisational Dynamics
- Leadership skills
- Working with Strategy and scenarios
- Conflict Resolution



Leads for these groups have significant experience at senior levels of the NHS and have developed and led successful service change within the NHS.

To book an initial consultation, please email: icapt.cnwl@nhs.net

Course details

To apply: please email
icapt.cnwl@nhs.net / 0208 438 1740

Dates: Ongoing

Location:
Central and North West
London NHS Foundation Trust
Stephenson's House, 75 Hampstead
Road, London, NW1 7QY





Research in Arts Psychotherapies University Alliance: PhD Scheme

The University Alliance has been established to offer pre and post-application support to researchers and clinicians who have an MSc/MA and a strong interest in researching arts psychotherapies.

We welcome students from a wide range of academic disciplines where the focus is on the creative arts and their therapeutic application in adult mental health.

The University Alliance will offer clinical support from our senior clinicians and help the applicant reach a position where they can make an application to apply for a PhD at the appropriate University. There is no fee to the student unless R&D funds are applied for.

ICAPT aims to promote its research interests: advancing the concepts, theory and empirical foundations that underpin effective treatment of mental health disorders.

Applicants will receive mentorship, clinical supervision, a clinical context and relevant support in NHS ethics and policy.

ICAPT University Alliance: PhD Scheme

Pre-application support:

Initial research exploration and preparation for application

(3 months - 1 year)

Application Stage:

Links with University established and submission made with guidance from relevant PhD supervisor

(1 month - 6 months)

Post Application Stage:

Clinical context and supervisory support offered. Relevant ethics and NHS policy guidance.

(1 year - 6 years)

Programme Details

To inquire: Please email icapt.cnwl@nhs.net

Fees: This service is free (applications to the Universities have variable rates according to the fees charged by the University)





Contact

If you want to book a place or are interested in what we do, please contact the ICAPT team at:

Tel: 0208 438 1740

Email: icapt.cnwl@nhs.net

Find ICAPT on:

Facebook & Linked in

Website:

<http://www.cnwl.nhs.uk/resources/health-professionals/icapt/>

Dominik Havsteen-Franklin
Head of ICAPTmh

Anna Maratos
Head of Arts Psychotherapies

Training Leads:

Jean-Jacques Bonneau - *Art Psychotherapist (Inpatient/ Community)*
Holly Dwyer - *Dramatherapist (CAMHS/ PD)*
Diane Eagles - *Art Psychotherapist (Older People/ inpatient/ Depression)*
Mario Eugster - *Music Therapist (Inpatient/ Community)*
Kate Emmerson - *Art Psychotherapist (Adult/ PDI Eating Disorders)*
Paula Hedderley - *Music Therapist (Adult/ PD)*
Mary Oley - *Art Psychotherapist (Adult/ PD)*

Kristina Kovacevic - *Senior Research Administrator*

Academic Advisors:

Professor Peter Fonagy
Professor Helen Odell-Miller
Professor Helen Payne
Professor Diane Waller

Central and North West London NHS Foundation Trust
Stephenson's House, 75 Hampstead Road, London, NW1 7QY

www.cnwl.nhs.uk

