



Australian Association for Cognitive and Behaviour Therapy (Western Australian Branch) proudly presents

## CBT to Treat Depressive and Anxious Rumination A 1-Day Workshop by Professor Ed Watkins



Professor Watkins is a pre-eminent expert in the field of experimental psychopathology and psychological treatments for depression, with a particular emphasis on understanding and treating rumination and worry. He is the co-founder of the Mood Disorders Centre, University of Exeter, a partnership between the University of Exeter and Devon Partnership NHS Trust, specialising in psychological research and treatment for depression. Professor Watkins' research programme focuses on rumination, defined as unhelpful repetitive thought about self, problems, mistakes and losses, utilising both experimental methods to understand its mechanisms and clinical process-outcome research to translate these experimental findings into improved psychological interventions for depression and anxiety. His research has been supported by major competitive grant funding as a Principal Investigator from the Wellcome Trust, UK Medical Research Council (MRC) and a NARSAD Young Investigators Award. Key contributions include demonstrating that there may be distinct types of self-focused rumination with distinct functional effects (Watkins, 2008); developing and evaluating a modified version of CBT designed to explicitly target rumination in residual depression (Watkins et al., 2007); involvement in randomized controlled trial of mindfulness-based CBT as a relapse prevention treatment for depression (Kuyken et al., 2008); and developing a guided self-help intervention to reduce rumination and depression (Watkins et al., 2009).

### Workshop Summary

Rumination has been identified as a core process in the maintenance and onset of depression (Nolen-Hoeksema, 1991; 2000) and as a possible mechanism contributing to comorbidity (Harvey et al., 2004). Furthermore, rumination seems to be a difficult-to-treat symptom, which is associated with poorer outcomes for psychological therapy. This workshop will illustrate how the CBT approach can be modified to reduce rumination in chronic, recurrent and residual depression, using new approaches derived from clinical experience and experimental research. A programme of research by Dr Watkins has suggested that the thinking style adopted during rumination can determine whether it has helpful or unhelpful consequences on social problem solving (Watkins & Moulds, 2005) and emotional processing (Watkins, 2004, 2008). This experimental work has inspired a novel approach to treating depression, called Rumination-focused CBT, which focuses on changing the process of thinking, rather than simply changing the content of thinking, in order to be more effective in successfully reducing rumination and treating depression. There is now empirical backing for the efficacy of this approach for difficult-to-treat patients in terms of a positive open case series (Watkins et al., 2007) and a randomised controlled trial funded by NARSAD.

The workshop will review the theoretical background and core techniques of the therapy, including functional analysis of thinking style, behavioural activation, use of imagery, experiential exercises and behavioural experiments to coach patients to shift to more adaptive styles of thinking. This workshop has been successfully received at a number of BABCP and EABCT events.

#### Key learning objectives:

1. To review the theory and research relevant to depressive rumination
2. To review the rumination-focused CBT approach, including behavioural activation, functional analysis, modifying thought-form-process, training in shifting thinking style, experiential exercises that counter rumination including relaxation, mental absorption and compassion
3. To illustrate treatment approaches to depressive rumination via video and experiential approaches
4. Workshop attendees will be able to describe the nature and consequences of rumination in depression.
5. Workshop participants will have insight into CBT approaches for rumination in depression.
6. Workshop participants will practise novel process-focused techniques for changing patient's relationship to their ruminative thoughts.

### Workshop Details

**Date/Time:** Monday 14 June 2010; Registration at 8.30am, Workshop from 9am to 5pm

**Venue:** The Niche, Sir Charles Gairdner Hospital, 11 Aberdare Road, NEDLANDS

**Cost:** Member - \$180, Non member of AACBT - \$250, Student - \$120

(Not a member? Join online at [www.aacbt.org](http://www.aacbt.org))

Fees include morning tea, lunch, afternoon tea and handouts

This is an APS endorsed activity and will attract 7 Specialist Professional Development points

### Registration Details

Registration and payment via credit card may be made online for this event by following the link to Register Now from [www.aacbt.org/workshops](http://www.aacbt.org/workshops). An automated tax receipt will be emailed to you. Please note that Register Now will appear on your credit card statement. Should you be unable to access the internet or wish to pay via cheque please contact the Workshop Coordinator (see details below) and a registration form and mailing address will be forwarded to you. Please note that invoices will not be provided to workplaces for this workshop.

Registrations will close **Monday 7 June 2010**. Confirmation of attendance, a map and parking information will be sent via email on Tuesday 8 June 2010.

No GST has been charged for this workshop. AACBT (WA) ABN: 70 296 133 580

For further information please contact Grant Baynam (Workshop Coordinator) on 0416 25 77 26 or [gbaynam@iinet.net.au](mailto:gbaynam@iinet.net.au)

**Cancellation Policy.** A full refund will be issued if received in writing 7 days prior to the workshop minus a \$20 processing fee. Cancellations within 7 days of workshop date will attract a processing fee of \$50. Notice of cancellations must be given to AACBT WA via email to [gbaynam@iinet.net.au](mailto:gbaynam@iinet.net.au) and will be confirmed via reply email. AACBT WA will not accept responsibility for correspondence that is delayed or for failure of delivery. No refunds will be given for cancellations received on or after the day of workshop, however you may nominate an alternative attendee.