

CBT for Hypochondriasis & Other Anxiety Disorders

Two workshops presented
by **Prof. Paul Salkovskis**
University of Bath, UK

May 22-23, 2012
Yafa-Li Conference Center
Ramat Aviv, Tel Aviv, Israel

www.isas.co.il/salkovskis



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The Israeli Association for
Behaviour and Cognitive
Psychotherapies (ITA)



Dear Colleagues,

It is an honor and pleasure to invite you to the workshops to be presented by Professor Paul Salkovskis. The workshops will address the understanding and treatment of anxiety disorders and health anxiety. Professor Salkovskis is regarded as a world leading expert, both researcher and clinician, in the field of anxiety disorders and health anxiety. He has contributed considerably to the psychological understanding and treatment of these important areas. His contribution has been internationally acknowledged as innovative and influential. The workshops will afford participants a unique opportunity to learn the latest state of the art regarding these disorders from a primary source.

Professor Salkovskis has lectured internationally for many years, and delivered many invited lectures and workshops at international symposia and conferences. He is widely acclaimed for his outstanding teaching skills.

The Israeli Association for Behavior and Cognitive Psychotherapies (ITA) is proud to welcome Professor Salkovskis and appreciates his willingness to share his vast knowledge and experience with us. I have no doubt that by attending the workshops we will all extend our clinical knowledge, understanding and skills as therapists and clinicians.

We thank Paul very much for accepting our invitation.

Since the number of places for these workshops is limited I urge you to confirm your participation as soon as possible.

We expect the workshops to be highly instructive, enriching and exciting and we are looking forward to your participation.

SHALOM and Lehitraot



Dr. Sofi Marom, Chair

The Israeli Association for Behavior and Cognitive Psychotherapies (ITA)



Professor Paul Salkovskis qualified as a clinical psychologist in 1979 at the Institute of Psychiatry and Maudsley Hospital. He worked in Yorkshire as a clinical psychologist before moving to the University of Oxford as a Research Clinical Psychologist. In Oxford he became Professor of Cognitive Psychology, before leaving to work at King's College London Institute of Psychiatry as Professor of Clinical Psychology and Applied Science and Clinical Director in the Centre for Anxiety Disorders and Trauma at the Institute of Psychiatry (2000-2010). He led the SLAM and national outpatient OCD service, and the outpatient NCG service. He is still Visiting Professor at King's College London Institute of Psychiatry, and is now Professor of Clinical Psychology and Applied Science at the University of Bath.

He is regarded as a world leading expert in anxiety disorders in general, and more specifically in Panic and Agoraphobia, OCD, health anxiety and specific phobias, having contributed considerably to the psychological understanding and treatment of all of these areas. He also has considerable expertise in Health Psychology. In 2010 he was appointed Programme Director for the Clinical Psychology Doctorate Programme at Bath. He is currently Editor of Behavioural and Cognitive Psychotherapy, and on the editorial board of many international journals. He is Patron of several OCD and anxiety disorder charities. He received the Richard Rosen Prize for his contribution to the understanding of OCD, and the Aaron T Beck Prize from the Academy of Cognitive Therapy for contribution to CBT. His main research interests include the study of cognitive behavioural factors in anxiety disorders and their treatment. He is presently involved in a wide ranging programme of research in anxiety disorders, including experimental investigations of cognitive and behavioural components, questionnaire studies, treatment trials and clinical studies. He has led CBT skills training throughout the world, and his teaching has been praised for being both research led and clinically focused. He has published well over 200 articles and chapters on the understanding and treatment of psychological problems and anxiety disorders.

Empirically grounded Cognitive Behavioural Therapy for anxiety disorders: Blending clinical art and clinical science to help people to choose to change

May 22

In this intermediate to advanced level workshop, Professor Salkovskis will use clinical examples to illustrate the “state of the art” of understanding and treatment of anxiety disorders. He will show how effective treatment requires the application of both common transdiagnostic and disorder specific strategies in anxiety disorders. The way in which similarities and differences drive the treatment strategies involved in problems such as Panic Disorder and OCD will be explained and illustrated, emphasising the importance of formulation and achieving a shared understanding.

The presentation will emphasise the importance of formulation involving both cognitive and behavioural elements, showing the importance of the identification and modification of perception of threat and use of safety-seeking behaviours in achieving complete remission of anxiety problems. In addition, the workshop will draw attention to the less clearly defined components of treatment (“clinical art”) and the key role (necessary but not sufficient) played by such factors in cognitive behavioural treatment which has as its main aim making it possible for patients to choose to change. The use of specific strategies including the use of Metaphor as part of treatment will be explained and demonstrated.

References:

Background:

- Salkovskis, P.M. (2010) Cognitive Therapy. Chapter 7 in Barker, M. (ed) *Understanding counselling and psychotherapy*. Open University Press
- Challacombe, F., Oldfield, V. & Salkovskis, P.M. (2011) *Break Free from OCD*. Vermillion Press

More advanced:

- Stott, R., Mansell, W., Salkovskis, P.M., and Nightingale, A. (2010) *Building cognitive bridges: Handbook of Metaphor in Cognitive behavioural therapy*. Oxford University Press

Evidence-based Cognitive-behavioural treatment of health anxiety ("hypochondriasis") and related problems

May 23

This intermediate to advanced workshop aims to provide a clinical overview and update and in cognitive-behavioural treatment as applied to health anxiety, (hypochondriasis) and related problems involving health concerns. Cognitive Behavioural Therapy has now been shown to be an effective treatment for hypochondriasis in several randomised controlled trials. The cognitive behavioural theory, which forms the basis of such treatment, suggests that for hypochondriasis (and probably for some types of somatisation disorder) patients' problems lie not in the physical symptoms and other bodily variations they experience but rather in the way they interpret and react to these symptoms, and the way they respond to other medical information. The theory also specifies that a particular pattern of misinterpretation and reactions are involved in the maintenance of health worries, and therefore need to be modified in the course of treatment.

The cognitive theory of health anxiety resembles cognitive theories of other disorders such as panic in several respects. However, a crucial difference lies in the time course of the interpretations which are characteristic of health anxiety and hypochondriasis. This and other differences mean that the emphasis in Cognitive Behavioural treatment has to be somewhat distinct from cognitive-behavioural treatments for anxiety disorders such as panic, with more in common with treatment for OCD. In particular, the importance of helping the patient to develop alternative, non-catastrophic interpretations of the problems they are experiencing is emphasised. However, such an approach also needs to avoid the pitfalls involved in the provision of "reassurance".

In the workshop, participants will be introduced to ways of applying the cognitive behavioural theory using a mixture of teaching, video demonstration and role-play. The main aims are to help patients identify and deal with factors which provoke and maintain health concerns and

to allow the person to re-engage in normal activities. The workshop will highlight clinical strategies for:

- assessment of anxiety and health related triggers, the way these are interpreted and the factors involved in the maintenance of the problem
- use of assessment instruments
- engagement in psychological treatment
- formulation and reaching a shared understanding
- techniques for helping re-attribution
- the use of behavioural experiments
- helping the patient stop seeking reassurance and unnecessary medical investigations
- dealing with anxiety in the therapist and the patient's physicians
- relapse prevention

References:

- Salkovskis, P., Warwick, H.M.C., Deale, A.C. (2003). Cognitive-Behavioural Treatment for Severe and Persistent Health Anxiety (Hypochondriasis). *Brief Treatment and Crisis Intervention*, 3, 353-368
- Sørensen, P., Birket-Smith, M., Wattar, U., Buemann, I., & Salkovskis P.M. (2010) A randomized clinical trial of cognitive behavioural therapy versus short-term psychodynamic psychotherapy versus no intervention for patients with hypochondriasis. *Psychological Medicine*, 41(02), pp. 431-441

Daily Schedule

- 08:15-09:00 Registration and coffee
- 09:00-11:00 First session
- 11:00-11:30 Coffee / cake break
- 11:30-13:30 Second session
- 13:30-14:15 Lunch
- 14:15-16:15 Third session

Both workshops will be accompanied by detailed handouts.

General Information

For further information and updates about the seminar,
please see www.isas.co.il/salkovskis
or contact the secretariat at congress@isas.co.il

Registration Fees

	until April 20	until May 11	after May 11
One workshop (1 day)	€ 140	€ 160	€ 175
Both workshops (2 days)	€ 250	€ 280	€ 320

Special price for EABCT members who pay by April 20:

One workshop (1 day) € 105

Both workshops (2 days) € 195

Registration includes participation in all sessions, workshop handouts, lunch and coffee/
cake break each day.

Cancellation Policy: Cancellations received before April 20, 2012 are not subject
to a cancellation fee. Cancellations received between April 20 and May 11 will be
charged a € 60 service fee. No refunds for cancellations received after May 11.

Registration Form

Please send to: ISAS International Seminars, POB 34001, Jerusalem 91340, Israel
Fax +972-2-6520558 or mail: register@isas.co.il

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☐ Empirically grounded CBT (May 22)

☐ Evidence-based CBT (May 23)

☐ Both workshops (2 days)

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