

# Collaborative Case Conceptualisation: Incorporate Strengths to Build Resilience

Wednesday 18 May 2011  
9.00am - 5.00pm

**Dr Christine A Padesky, considered one of the leading cognitive therapy workshop presenters in the world, will present a new approach to CBT case conceptualisation that offers a step-by-step model to guide therapists' treatment planning with complex cases, especially when no single treatment model applies.**

This approach incorporates three guiding principles:

- collaborative empiricism
- three levels of conceptualisation that evolve over the course of therapy
- incorporation of client strengths into each level of conceptualisation so therapy is designed to both relieve distress and build resilience.

Dr Padesky models how to incorporate client culture, personal interests, imagery and metaphors into constructive, strengths-based conceptual models. Participants will explore the implications of explicitly adding strengths and a resilience focus to CBT conceptualisation and treatment.

This multimedia workshop enhances learning via live and video clinical demonstrations, structured role plays, small group exercises and comprehensive handouts.



**Date: 18 May 2011, 9.00am – 5.00pm**  
**Venue: Teesside University, Middlesbrough**  
**Cost: £125 per delegate.**

Find out more at [tees.ac.uk/events](http://tees.ac.uk/events)  
Book your place: [r.casey@tees.ac.uk](mailto:r.casey@tees.ac.uk)