

Psychological Therapies in the NHS

Science, Practice and Policy

30 November - 1 December 2007

Savoy Place London

Day 1

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| Chair | Dr Tony Roth |
| Confirmed | <i>Joint Course Director, Doctorate in Clinical Psychology</i> University College London |
| 10.00 | Chairman's Welcome and introduction |
| 10.10 | Opening Panel Discussion Whose ideas will change our mental health in the 21st Century? Panel Chair TBC |
| | Presenter Professor Lord Richard Layard <i>Centre for Economic Performance, London School of Economics</i> Confirmed (15 min presentation followed by discussion with panel) |
| | Panel Members |
| Confirmed | <ul style="list-style-type: none">▪ Professor Peter Hobson <i>Tavistock Professor of Developmental Psychopathology Tavistock and Portman NHS Foundation Trust, Behavioural and Brain Sciences Unit, University College London</i> |
| Confirmed | <ul style="list-style-type: none">• Dr Andrew McCulloch <i>Chief Executive</i> <i>The Mental Health Foundation</i> |
| Confirmed | <ul style="list-style-type: none">• Professor Susie Orbach <i>Psychotherapist, Consultant and Writer</i>• Professor Lord Richard Layard, <i>Centre for Economic Performance, LSE</i> Confirmed |
| 11.10 | <i>Coffee and exhibition</i> |
| 11.40 | Keynote Address Taking Control: what would patient-led Psychological Treatment Services look like? David Crepaz-Keay <i>Head of Patient and Public Involvement</i> Mental Health Foundation |
| Confirmed | <ul style="list-style-type: none">• people no longer believe the good cop/bad cop routine psychology plays with psychiatry• psychological treatment services need to articulate their purpose more clearly• services also need to put service users firmly in control of their purpose and processes |
| 12.20 | Respondent: TBC (20 min presentation + interactive audience discussion) |
| 12.50 | <i>Lunch and exhibition</i> |
| 13.50 | Will they do well? An independent evaluation of the IAPT experiment Professor Glenys Parry <i>Professor of Applied Psychological Therapies</i> |

Confirmed

University of Sheffield School of Health & Related Research

The NHS Service Delivery & Organisation R&D Programme has commissioned an independent research evaluation of two IAPT demonstration sites, due to report in 2009

- key questions and how the evaluation team is addressing them
- emergent findings and their place in a policy context

14.30

Respondent (20 min presentation + interactive audience discussion)

Confirmed

Dr Ian McPherson *Programme Director* National Institute for Mental Health in England (NIMHE), Care Services Improvement Partnership

- evaluation, evidence and experience
- how can data inform policy, planning and personal choice?

15.00

Tea and exhibition

15.30- 16.30 Conference Splits

| Stream A Evidence Based Practice Main Theatre | Stream B This House Believes ... Council Chamber | Stream C Seminars Riverside Rooms |
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| <p style="text-align: center;">State of the Art Masterclass</p> <p>The state of the art in treating common mental illness</p> <p>Chair: Dr Matthew Patrick <i>Trust Director Tavistock and Portman NHS Foundation Trust</i> Confirmed</p> <p>(10/15 min presentations)</p> <p>Professor Robert Elliott <i>Professor of Counselling University of Strathclyde and Emeritus Professor of Psychology University of Toledo, USA</i> Confirmed</p> <p>Professor John Markowitz <i>Research Psychiatrist New York State Psychiatric Institute, and Clinical Professor of Psychiatry Weill Medical College of Cornell University, New York, USA</i> Confirmed</p> <p>Professor Lars-Göran Öst <i>Professor of Clinical Psychology</i></p> | <p style="text-align: center;">State of Current Opinion</p> <p>That NICE guidelines in mental health stand in the way of patient benefit</p> <p>Chair: Dr Andrew McCulloch <i>Chief Executive The Mental Health Foundation</i> Confirmed</p> <p>(10 min each; debate, followed by vote)</p> <p>For Professor Phil Richardson <i>Professor of Clinical Psychology University of Essex and Director Psychotherapy Evaluation Research Unit, Tavistock and Portman NHS Foundation Trust</i> Confirmed</p> <p>Against Dr Steve Pilling <i>Director Centre for Outcomes Research and Effectiveness University College London and Joint Director National Collaborating Centre for</i></p> | <p style="text-align: center;">Towards Best Practice</p> <p>How to design 'step care pathways' ...</p> <p>(1hr) 1. To achieve equity, as well as access</p> <p>Dr John Cape <i>Head of Psychology, Camden and Islington Mental Health and Social Care Trust</i> Confirmed</p> <p>John Mellor-Clark <i>CORE IMS Director</i> Confirmed</p> <p>(1hr) 2. To improve quality, as well as access</p> <p>Dr Paul Walters <i>Specialist Psychiatrist, MRC Fellow & Programme Leader, MSc in Mental Health Services Research Institute of Psychiatry</i> Confirmed</p> |

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| Stockholm University Confirmed | Mental Health Confirmed For Steve Shrubbs <i>Director of Mental Health Network NHS Confederation</i> Confirmed Against James Seward <i>Director, Improving Access to Psychological Therapies Programme Department of Health</i> Confirmed | |
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16.30 Joint Closing Session

Confirmed

Advances in evidence-based psychotherapies in the USA

Professor Jacques Barber

Center for Psychotherapy Research, Department of Psychiatry
University of Pennsylvania School of Medicine, USA and
President-Elect Society for Psychotherapy Research

Professor Barbara Milrod *Associate Professor of Psychiatry, Weill Medical College of Cornell University, New York* **(Confirmed)**

- ? operationalising a modern, panic-focused dynamic treatment
- ? the design of our research studies to date
- ? findings so far, in terms of treatment outcomes and efficacy, and emerging data from ongoing investigation into the relative efficacy of panic-focussed psychoanalytic psychotherapy
- strengths and weaknesses of Randomised Controlled Trials for studying the efficacy of psychotherapy

18:00 Evening Conference Address & Drinks with **Secretary of State for Health** **(invited)**

Launch of:

?A New Savoy Declaration

Invited guests and speakers

Tickets £20 (limited numbers) on application

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Day 2

Chair **Paul Farmer**
Chief Executive Mind Confirmed

09.30 **Chairman's Introduction**

09.40 **Question Time**
What is the future for state-funded psychotherapy services?
Panel Chair: **TBC**

Presenter: Professor Lord Richard Layard *Centre for Economic Performance, London School of Economics Confirmed*
(15 min presentation followed by discussion with panel)

Panel members:

Confirmed

- **Professor Andrew Cooper**, *Director Research and Development Tavistock and Portland NHS Foundation Trust*

Confirmed

- **Angela Greatley**
Chief Executive The Sainsbury Centre for Mental Health

Confirmed

- ? **Professor Sir Michael Rawlins**
Chairman National Institute for Health & Clinical Excellence (NICE)
- **Professor Lord Richard Layard**, *Centre for Economic Performance, LSE Confirmed*

10.40 *Coffee and exhibition*

11.00 **Keynote Address**
Science meets Psychological Treatments:
A cognitive science approach to developing effective new treatments
Professor David Clark *Professor of Psychology, Institute of Psychiatry, Kings College, Director of the Centre for Anxiety Disorders and Trauma, Maudsley Hospital, Fellow of the British Academy, Fellow of the Academy of Medical Sciences and Distinguished Founding Fellow of the Academy of Cognitive Therapy (USA) Confirmed*

- using experimental psychology to identify maintaining factors to target in new treatment programmes
- testing and re-testing of new treatments for efficacy and effectiveness: recent studies
- how we can disseminate those treatments which are most effective

11.40 **Science meets Psychological Therapists:**
Investigating the effective practitioner
Professor Michael Barkham *Professor of Clinical & Counselling Psychology, Director Psychological Therapies Research Centre University of Leeds*

Confirmed

- review of research literature relating to the impact of technical and common factors in the psychological therapies
- investigating practitioner effects from both randomized trials and practice-based data: recent studies
- delivering effective psychological therapies on routine NHS practice settings requires both effective treatments and effective practitioners

12.20 Questions and answers, followed by lunch and exhibition at 12.40

13.30 –14.30 Conference Splits

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| <p style="text-align: center;">State of the Art Masterclass</p> <p>The state of the art in treating complex mental illness</p> <p>Chair: Dr Tony Roth <i>Joint Course Director, Doctorate in Clinical Psychology</i> University College London Confirmed</p> <p>(10/15 min presentations)</p> <p>Professor Arnoud Arntz <i>Professor of Clinical Psychology and Experimental Psychopathology and Psychotherapist</i> Riagg Maastricht Confirmed</p> <p>Professor Anthony Bateman <i>Consultant Psychiatrist in Psychotherapy</i> Barnet, Enfield and Haringey Mental Health Trust, <i>Visiting Professor</i> University College London and <i>Visiting Consultant</i> The Menninger Clinic and the Menninger Department of Psychiatry and Behavioral Sciences, Baylor College of Medicine Confirmed</p> | <p style="text-align: center;">State of Current Opinion</p> <p>That the existing health infrastructure, and NHS management, will not be able to deliver improved mental well-being</p> <p>Chair: Baroness Molly Meacher <i>Chair East</i> London and the City University Mental Health NHS Trust Confirmed</p> <p>(10 mins each; debate, followed by vote)</p> <p>For Stuart Bell TBC <i>Chief Executive</i> South London and Maudsley NHS Foundation Trust</p> <p>Against Dr Alan Cohen <i>Senior Fellow</i> Sainsbury Centre for Mental Health, and <i>Senior Clinical Advisor in Primary Care</i> Care Services Improvement Partnership (CSIP) Confirmed</p> <p>For Dr Nick Temple <i>Chief Executive and Consultant Psychiatrist in Psychotherapy</i> Tavistock</p> | <p style="text-align: center;">Towards Best Practice</p> <p>How to design ‘step care pathways’ ...</p> <p>(1hr) 1. To achieve equity, as well as access</p> <p>Dr John Cape <i>Head of Psychology, Camden and Islington Mental Health and Social Care Trust</i> Confirmed</p> <p>John Mellor-Clark <i>Director</i> CORE IMS Confirmed</p> <p>(1hr) 2. To improve quality, as well as access</p> <p>Dr Paul Walters <i>Specialist Psychiatrist, MRC Fellow & Programme Leader, MSc in Mental Health Services Research</i> Institute of Psychiatry Confirmed</p> |

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| <p>Dr Janet Feigenbaum <i>Consultant Clinical Psychologist</i> North East London Mental Health Trust and <i>Senior Lecturer in Clinical Psychology</i> University College London Confirmed</p> | <p>and Portman NHS Foundation Trust Confirmed</p> <p>Against James Seward <i>Director</i> Improving Access to Psychological Therapies Programme Department of Health Confirmed</p> | |
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14.35

Closing Plenary Session

What have we learnt and what do we still not know?

Confirmed

Professor Peter Fonagy *Freud Memorial Professor of Psychoanalysis and Director of the Sub-Department of Clinical Health Psychology* University College London, and *Chief Executive* The Anna Freud Centre, London

?how well is the use of psychological therapies justified and are there evidence-based indications for a choice of treatment?

?what is the state of our evidence base for training and service delivery models?

?so – taken together - do we now have ways of thinking about clinical problems that allow for meaningful matching of therapies to clients?

15.15

Questions and answers, followed by close at 15.30