



Associazione di Psicologia Cognitiva



Scuola di Psicoterapia Cognitiva s.r.l

**SCUOLA DI PSICOTERAPIA COGNITIVA S.R.L.
ASSOCIAZIONE DI PSICOLOGIA COGNITIVA
Post-graduate Specialization School in Cognitive-Behavioural Therapy**

Director: Prof. Francesco Mancini

WORKSHOP

**‘CBT TO TREAT DEPRESSIVE AND ANXIOUS RUMINATION:
THE RUMINATION FOCUSED CBT (RFCBT)’**



Prof. Watkins E., Università di Exter (UK)

ROME, March 12th-13th 2016

Venue: Centro Congressi Cavour, Via Cavour 50/A - ROME

BACKGROUND

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 co-morbidity (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 (Watkins et al., 2011; Watkins, 2015). The workshop will review the theoretical background and core techniques of the therapy, including functional analysis of thinking style, behavioural activation, use of imagery, concreteness, 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:

- *To review the theory and research relevant to depressive rumination*
- *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*
- *To illustrate treatment approaches to depressive rumination via video and experiential approaches*
- *Workshop attendees will be able to describe the nature and consequences of rumination in depression.*
- *Workshop participants will have insight into CBT approaches for rumination in depression.*
- *Workshop participants will practise novel process-focused techniques for changing patients relationship to their ruminative thoughts.*

BIOSKETCH

Dott. Edward Watkins: Dr 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. He has specialist clinical training and expertise in cognitive therapy for depression.

Dr 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. A recent Wellcome Trust Capital award enabled the building of a new fit-for-purpose clinical research centre at Exeter. 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, 2011); 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; 2012). Professor Watkins was awarded the British Psychological Society's May Davidson Award 2004 for outstanding early-career contributions to the development of clinical psychology.

Key References:

- Harvey, A., Watkins, E., Mansell, W., & Shafran, R. (2004). Cognitive behavioural processes across psychological disorders: A transdiagnostic approach to research and treatment. Oxford University Press.
- Nolen-Hoeksema, S. (2000). The role of rumination in depressive disorders and mixed anxiety depressive symptoms. *Journal of Abnormal Psychology*, 109, 504-511
- Watkins, E.R. (2004). Adaptive and Maladaptive Ruminative self-focus during Emotional Processing. *Behaviour Research and Therapy*, 42, 1037-1052.
- Watkins, E. (2008). Constructive and Unconstructive Repetitive Thought. *Psychological Bulletin*, 134, 163-206.
- Watkins, E.R. (2015). Psychological Treatment of Depressive Rumination. *Current Opinion in Psychology*, 4:32-36.
- Watkins, E.R., & Moulds, M. (2005). Distinct modes of ruminative self-focus: Impact of abstract versus concrete rumination on problem solving in depression. *Emotion*, 5, 319-328.
- Watkins, E.R., Scott, J., Wingrove, J., Rimes, K.A., Bathurst, N., Steiner, H., Kennell-Webb, S., Moulds, M., & Malliaris, Y. (2007). Rumination-focused Cognitive Behaviour Therapy for Residual Depression: a case series. *Behaviour Research and Therapy*, 45, 2144-2154.
- Watkins, E.R., Mullan, E.G., Wingrove, J., Rimes, K., Steiner, H., Bathurst, N., Eastman, E., & Scott, J. (2011). Rumination-focused cognitive behaviour therapy for residual depression: phase II randomized controlled trial. *British Journal of Psychiatry*, 199, 317- 322.

Organizers contacts:

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THE WORKSHOP E' ADDRESSED TO PSYCHOLOGISTS, MEDICAL, TRAINEES IN PSICHOTHERAPY AND PSYCHOTHERAPISTS

THE WORKSHOP WILL BE IN ENGLISH LANGUAGE WITH CONSECUTIVE TRANSLATION IN ITALIAN.

THE CERTIFICATE OF ATTENDANCE WILL BE DELIVER AT THE END OF THE WORKSHOP

FEES AND REGISTRATION

Participation fee before January 11th 2016: € 149,00 VAT included.

Participation fee after January 11th 2016 : € 169,00 VAT included.

REGISTRATION DEADLINE: FEBRUARY 27th 2016

PARTICIPATION WILL BE FREE FOR THE FIRST 10 PARTICIPANTS REGISTERED

PARTICIPATION FEE WILL BE DISCOUNT AT 50% FOR THE FOLLOWING REGISTRATIONS

REGISTRATION AND PAYMENT PROCEDURE

In order to register, please fill in the online form (-----) and pay the participation fee selected, before the deadline, by bank transfer, specifying as reason for payment “ Roma Watkins 2016”

Account name: Scuola di Psicoterapia Cognitiva srl

Bank: Banca Popolare dell' Emilia Romagna

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In case of renounce we don't refund the participation fee.

VENUE AND TIMETABLE OF THE WORKSHOP

The venue of the workshop is: Centro Congressi Cavour, Via Cavour 50/A - Rome -

Saturday March 12th 2016: 09.00 am-01.00 pm/ 02.00-06.00 pm

Sunday March 13th 2016: 09.00 am -01.00 pm

ORGANIZATION COMMITTEE

SPC s.r.l - Viale Castro Pretorio, 116 - Rome WEBSITE: www.apc.it

For information: Mr. Franco Cicaloni email: iscrizioniworkshop@apc.it