

GROUP RADICAL OPENNESS

Radical Openness (RO) is a new evidence-based treatment for disorders of emotional over-control (such as treatment resistant depression and certain eating and personality disorders). In this lively and interactive workshop, participants will learn the important principles of Group Radical Openness (GRO). GRO is firmly based in the theory and practice of RO DBT but incorporates many principles of group therapy. Clients become the main agents of change in a format very different from a standard RO skills-training class.

This workshop will address how to distinguish emotional over and under-control, will recap RO principles, relevant group therapy protocols and give a sound grounding in GRO. There will be the chance to learn and practice ways in which connection, emotional expression and flexibility can be developed in a group setting. There will also be the opportunity to use the **RO Tracker**, a technique that helps group participants take the lead in bringing about change. Those not currently working with groups may find the concepts useful for understanding over-controlled clients.

Dr. Richard Booth has been running RO and GRO groups for over six years. He is lead author on the recent GRO paper in the Behaviour Therapist special edition on Radical Openness. This is an important development on the standard RO protocol. He has spearheaded this group approach and led the research team that has set down important markers in this developing field at St Patrick's Hospital, Dublin.

Dr. Rachel Egan has ten years experience in running groups (including group work with sex offenders and pioneering steps in using compassion focused therapy in a group format). Over the last three years she has helped to develop the model of GRO and is co-author of the first paper on GRO. Rachel has also presented invited papers on this subject at the last two DBT annual conferences.

This workshop is suitable for mental health professionals including clinical and counselling psychologists, counsellors, social workers, mental health nurses and CBT practitioners.

31st May 2019 - 0930 – 1600
The British Psychological Society
30 - 34 Tabernacle Street
London Finsbury
EC2A 4UE

Prices including lunch & refreshments
Until 30th April 2019 - £120 plus vat
From 1st May 2019 - £135 plus vat
For more information or to reserve a place visit :- www.stantonltd.co.uk or www.grayrock.co.uk