

# CBT: the greener grass?

---

Nigel Bunker

Lead Psychologist for Early Intervention &  
Acute Services

East Kent

# Nice work ...

---

- ❑ NICE recommendations
  - ❑ The overlap with managerial culture
  - ❑ Brevity
  - ❑ Potential for rapid spread
  - ❑ Impressive results
-

# However ...

---

- What counts as CBT?
    - Long and short
    - Good and bad
    - CBT as she is spoke
  - Manualisation and its limits
  - The perils of monocultures
-

# Some strong points

---

- Explicit frameworks for:
    - Talk and interest in patient's experience
    - Registering change (especially progress)
    - Case example: Oliver
  
  - Collaborativeness
-

# The monoculture problem

---

- A menu without choices: the example of groupwork
  - Therapists' development
  - Co-morbidity
    - Personality disorder
    - Traumatisation
  - Symptom vs developmental focus
-

# Developing dynamic approaches

---

- ❑ Groupwork (Yalom)
  - ❑ Attachment and mentalisation
  - ❑ Briefer interventions
  - ❑ Planned intermittent interventions
  - ❑ Permeating the whole care package
  - ❑ Creative use of the scope given by NICE guidance
-