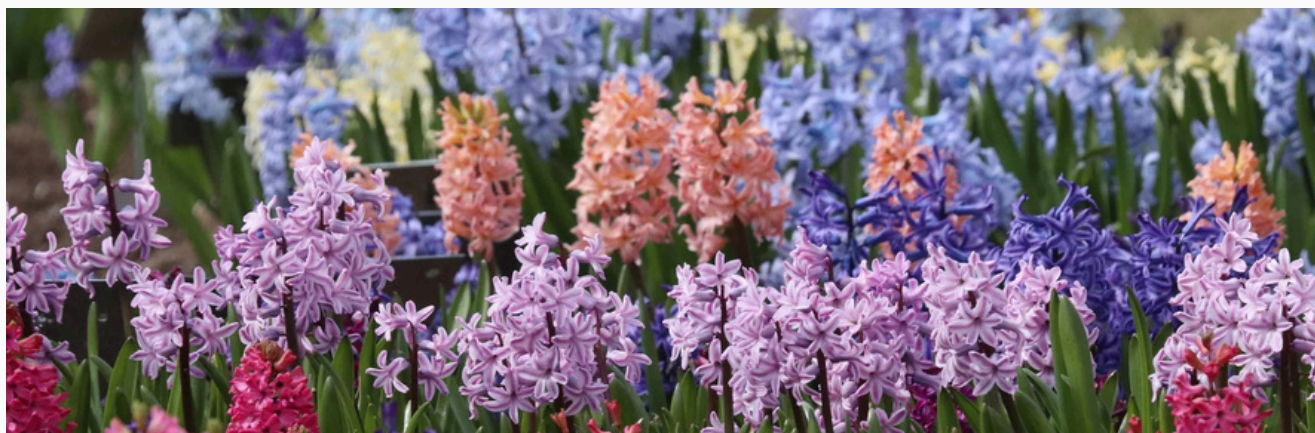


Eesti Kognitiivse ja Käitumisteraapia Assotsiatsiooni
JUUBELIKONVERENTS JA TÖÖTUBA



Kuidas KKT terapeudina rajal püsida?

EKKA loomisest 15. mail 1990. aastal
Laulasmaal möödub sel kevadel 35 aastat.
Sünnipäeva tähistame kevadises Tallinna
Botaanikaaias juubelikonverentsi ja prof
Glenn Walleri töötoaga. Mõlemas
keskendume kognitiivse ja käitumisteraapia
jätkusuutliku ja tulemusliku rakendamise
võimalustele. Töötuppa ja konverentsile on
kutsutud kõik EKKA liikmed ja põhiväljaõppe
õpilased. Konverentsile on oodatud ka KKT
oskuste õppe lõpetanud vaimse tervise õed
ja koolipsühholoogid.

KONVERENTS

75 eur (KUNI 18.04.2025)

95 eur (AL 19.04.2025)

TÖÖTUBA

TASUTA (EKKA LIIGE)

50 eur (PÕHIÕPPE ÕPILANE)

Registreerimine kuni 5.05.2025:
<https://forms.gle/1E3KvxSArpkB22z7A>

EKKA juubelikonverents

15. mai 2025

Kuidas KKT terapeudina rajal püsida?

9.15-9.30 Kogunemine

9.30-10.30 Opening keynote: Therapist drift - Would you like to fly a helicopter? Why clinicians need evidence-based CBT skills to avoid therapist drift? Prof Glen Waller, Sheffieldi Ülikool, UK

10.30-11.00 Kohvipaus

11.00-11.30 Kognitiivse ja käitumisteraapia põhiprintsiibid. Thea Marran

11.30-12.00 Milliseid tehnikaid kasutad oma töös? Pille-Riin Indermitte

12.00-12.30 Praktiline arutelu

12.30-13.00 Juhendipõhine vs eklektiline lähenemine KKT-le. Maie Kreegipuu

13.00-14.00 Lõunapaus

14.00-14.30 KKT terapeudi kompetentsid - kuidas neid omandada ja hoida? Kirsti Akkermann

14.30-15.00 Kuidas KKT terapeudina ellu jääda? Kaia Kuppart

15.00-15.30 EKKA 35 Retrospektiiv, konverentsi lõpetamine

16.00 Assotsiatsiooni üldkoosolek

17.00 EKKA juhatuse vastuvõtt

19.30 Koosviibimine Sensuses

EKKA

ALATES 1990

EESTI KOGNITIIVSE
JA KÄITUMISTERAAPIA
ASSOTSIATSIOON



Registreerimine kuni 5.05.2025:
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Workshop *Clinical Meta-competences in CBT*

Glenn Waller

Professor at The University of Sheffield, UK

MAY 16 th, 2025

CBT has seen the development of a range of protocols for different disorders, and most have proved to be the most effective approaches for those disorders. Those protocols are based on implementation of a range of skills/competences, which are applied as necessary for the nature of the disorder (e.g., exposure, behavioural activation, behavioural experiments, cognitive restructuring, imagery). However, while the evidence base strongly supports the use of CBT's skills/competences over other therapies for a range of disorders, that should not be mistaken for a reason to be complacent. CBT's outcomes are far from perfect, and we should be open to the need to develop our therapies over time, learning from our patients and from the wider evidence base.



Therapy is not just about techniques: An update on evidence-based meta-competences that can enhance CBT outcomes across disorders

One area where there has been considerable development is in 'meta-competences' – the higher-order clinical skills that allow us to personalise therapy, to flex it to the individual, and to enhance therapy outcomes. The evidence base has shown that there are several such skills that are proven to make all therapies more effective, though this session will focus on the benefits for patients receiving CBT.

This workshop will address the evidence for: developing and maintaining an effective working alliance; not being afraid to push for change, and to do so early in therapy; monitoring and responding to early progress; timing of sessions; keeping therapy simple even where the case is complex; adapting therapy to the individual's response; the use of 'change talk'; the key role of homework; and the dangers of relying on the clinician's seniority and experience level. In each case, the clinical implications will be discussed, and workshop attendees will be encouraged to discuss cases who they bring for consideration.

WORKSHOP SCHEDULE 16TH MAY

10:00-10:30 REGISTRATION
10:30-12:30 SESSION I
12:30-13:30 LUNCH BREAK
13:30-15:00 SESSION II
15:00-15:15 BREAK
15:15-16:30 SESSION III

Registreerimine kuni 5.05.2025:
<https://forms.gle/1E3KvxSArpkB22z7A>