

# Teaching Clients Emotion Tolerance Skills

*A one day workshop in the 'Teaching Clients to...' series*

**This workshop is aimed at therapist who work with emotionally avoidant clients**

Two senior clinicians from the NHS will share their experience of using exposure techniques with clients who try to avoid painful emotions such as sadness, shame or guilt as well as anxiety. They will introduce the principles and pitfalls of exposure work and demonstrate how to use them with clients.

**Dr Maggie Stanton** is a Consultant Clinical Psychologist heading a team of psychological therapists in the NHS. She uses exposure techniques regularly in her individual work with clients. She supervises and lectures at the University of Southampton on the CBT Diploma and the Doctorate in Clinical Psychology.

**Christine Dunkley** is an advanced practitioner in psychological therapy and is on the national Dialectical behaviour therapy training Team. She teaches DBT skills, including exposure techniques to NHS and forensic staff throughout the UK. She is conducting doctoral research into emotional pain in suicidal clients at Southampton University

**Both clinicians have over 20 years experience in the NHS.**

This workshop is suitable for mental health professionals including clinical and counselling psychologists, counsellors, social workers, mental health nurses and CBT practitioners.  
**It will contribute 6 hours towards Continuing Professional Development requirements.**

24<sup>th</sup> November 2012  
Winchester Guildhall  
High Street  
Winchester  
SO23 9GH

Prices including lunch & refreshments  
Until 24<sup>th</sup> October 2012 - £110 + VAT  
From 25<sup>th</sup> October 2012 - £120 + VAT  
For more information or to reserve a place visit :- [www.stantonltd.co.uk](http://www.stantonltd.co.uk) or [www.grayrock.co.uk](http://www.grayrock.co.uk)

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