The following articles are now available and may be helpful to inform your daily practice and achieve improved outcomes for IAPT service users. This evidence-based practice update has been produced for the IAPT workstream in partnership with our host Trust (Cambridgeshire and Peterborough Foundation Trust – CPFT).

Many of the articles listed below are available to NHS staff through their Athens accounts or to CPFT staff on the shelf at Fulbourn Library. To sign up for an Athens account, go to http://www.library.nhs.uk and click on “Register for NHS Athens”. If you are having problems with your Athens account, do not work for CPFT, or would like a copy of one of our print articles, please contact the library by phone on 01223 884 440 or by email at fulbourn.library@cpft.nhs.uk for further advice or assistance. Articles made available are for your personal work or educational use.

The full abstracts for the citations below are included on the IAPT website:

http://www.rcpsych.ac.uk/workinpsychiatry/qualityimprovement/managedclinicalnetwork/iaptworkstream/resourcelibrary.aspx

NEW! May 2013: NICE guidelines for Social Anxiety. For a copy of the update and further supporting documents, visit the NICE website (http://guidance.nice.org.uk/CG159).

The relationship between use of CBT skills and depression treatment outcome: A theoretical and methodological review of the literature.
Citation: Behavior Therapy, March 2013, vol./is. 44/1(12-26), 0005-7894 (Mar 2013)
Author(s): Hundt, Natalie E, Mignogna, Joseph, Underhill, Cathy, Cully, Jeffrey A
Full Text: Available from Behavior Therapy in Fulbourn Hospital Library

CBT for depression: A pilot RCT comparing mobile phone vs. computer.
Citation: BMC Psychiatry, February 2013, vol./is. 13/, 1471-244X (Feb 7, 2013)
Author(s): Watts, Sarah, Mackenzie, Anna, Thomas, Cherian, Griskaitis, Al, Mewton, Louise, Williams, Alishia, Andrews, Gavin
Full Text: Available from National Library of Medicine in BMC Psychiatry; Available from BioMedCentral in BMC Psychiatry

Intolerance of uncertainty: A common factor in the treatment of emotional disorders.
Citation: Journal of Clinical Psychology, June 2013, vol./is. 69/6(630-645), 0021-9762;1097-4679 (Jun 2013)
Author(s): Boswell, James F, Thompson-Hollands, Johanna, Farchione, Todd J, Barlow, David H
Citation: Journal of Consulting and Clinical Psychology, June 2013, vol./is. 81/3(415-428), 0022-006X;1939-2117
Author(s): Olatunji, Bunmi O, Rosenfield, David, Tart, Candycy D, Cottraux, Jean, Powers, Mark B, Smits, Jasper A. J
Full Text: Available from Journal of Consulting and Clinical Psychology in Fulbourn Hospital Library
Is there a core process across depression and anxiety?
Citation: Cognitive Therapy and Research, April 2013, vol./is. 37/2(307-323), 0147-5916;1573-2819
Author(s): Bird, Timothy, Mansell, Warren, Dickens, Chris, Tai, Sara

Positive Beliefs about Rumination Are Associated with Ruminative Thinking and Affect in Daily Life: Evidence for a Metacognitive View on Depression
Citation: Behavioural and Cognitive Psychotherapy, Published online by Cambridge University Press 01 May 2013
Author(s): Thomas Kubiak, Daniela Zahn, Kerstin Siewert, Cornelia Jonas, Hannelore Weber

Assessing Therapist Adherence to Recovery-Focused Cognitive Behavioural Therapy for Psychosis Delivered by Telephone with Support from a Self-Help Guide: Psychometric Evaluations of a New Fidelity Scale
Citation: Behavioural and Cognitive Psychotherapy, Published online by Cambridge University Press 23 Apr 2013, FirstView article(s)
Author(s): Samantha Hartley, Phillippa Scarratt, Sandra Bucc, James Kelly, John Mulligan, Sandra T. Neil, Zoe Rivers, Christopher D. J. Taylor, Mary Welford, Gillian Haddock

Internalizing Early Memories of Shame and Lack of Safeness and Warmth: The Mediating Role of Shame on Depression
Citation: Behavioural and Cognitive Psychotherapy, Published online by Cambridge University Press 25 Mar 2013, FirstView article(s).
Author(s): Marcela Matos, José Pinto-Gouveia, Cristiana Duarte

Low Intensity Interventions

Pilot Study of an Investigation of Psychological Factors Associated with First Appointment Nonattendance in a Low-Intensity Service
Author(s): Elizabeth Murphy, Warren Mansell, Sally Craven, Joanne Menary, Phil McEvoy
Citation: Behavioural and Cognitive Psychotherapy, Published online by Cambridge University Press 28 Sep 2012, FirstView article(s)

‘Callback’: increasing access to, and improving choice in, a multi-level, multi-purpose low-intensity service
Citation: the Cognitive Behaviour Therapist, Volume 5, Issue 04, 2012, pp 124 - 136
Author(s): Jim White, Michael Ross, Carol Richards, Vicky Manson, Sandra Johnston

Internet-Delivered Cognitive Therapy for Social Anxiety Disorder: A Development Pilot Series
Citation: Behavioural and Cognitive Psychotherapy, Published online by Cambridge University Press 16 May 2013, FirstView article(s)

Self-help Interventions

Chewing gum may be an effective complementary therapy in patients with mild to moderate depression.
Citation: Appetite, June 2013, vol./is. 65/(31-34), 0195-6663 (Jun 1, 2013)
Author(s): Erbay, Furkan Muhammed, Aydin, Nazan, Sati-Kirkan, Tulay
Full Text: Available from Appetite in University of Cambridge Medical Library
Cognitive-behavioral therapy versus other therapies: Redux.
Citation: Clinical Psychology Review, April 2013, vol./is. 33/3(395-405), 0272-7358 (Apr 2013)

Group Interventions

The mindfulness-based psychoeducation program for Chinese patients with schizophrenia.
Citation: Psychiatric Services, April 2013, vol./is. 64/4(376-379), 1075-2730 (Apr 1, 2013)
Author(s): Chien, Wai Tong, Lee, Isabella Y. M
Full Text: Available from Psychiatric Services in Fulbourn Hospital Library

Evaluation of an adapted cognitive behavioural therapy (CBT) group programme for people with obsessive compulsive disorder: a case study
Citation: the Cognitive Behaviour Therapist, Volume 5, Issue 04, 2012, pp 112 - 123
Author(s): Abigail L. Wroe, Caroline Wise

Long Term Conditions / Medically Unexplained Symptoms

Brief Mindfulness-Based Therapy for Chronic Tension-Type Headache: A Randomized Controlled Pilot Study
Citation: Behavioural and Cognitive Psychotherapy, Published online by Cambridge University Press 03 Apr 2013, FirstView article(s)
Author(s): Stuart Cathcart, Nicola Galatis, Maarten Immink, Michael Proeve, John Petkov

Change and Impact of Illness Perceptions among Patients with Non-cardiac Chest Pain or Benign Palpitations Following Three Sessions of CBT
Citation: Behavioural and Cognitive Psychotherapy, Published online by Cambridge University Press 18 Mar 2013, FirstView article(s)
Author(s): Egil Jonsbu, Egil W. Martinsen, Gunnar Morken, Torbjørn Moum, Toril Dammen

Children & Young People

Citation: Behavioural and Cognitive Psychotherapy, Published online by Cambridge University Press 01 May 2013, FirstView article(s)
Author(s): Anke W. Blöte, Anne C. Miers, David A. Heyne, David M. Clark, P. Michiel Westenberg

Hard to Reach Groups

Motivational interviewing to reduce hazardous drinking and drug use among depression patients.
Citation: Journal of Substance Abuse Treatment, April 2013, vol./is. 44/3(323-329), 0740-5472 (Apr 2013)
Author(s): Satre, Derek D, Delucchi, Kevin, Lichtmacher, Jonathan, Sterling, Stacy A, Weisner, Constance
When does change begin following screening and brief intervention among depressed problem drinkers?
**Citation:** Journal of Substance Abuse Treatment, April 2013, vol./is. 44/3(264-270), 0740-5472 (Apr 2013)
**Author(s):** Baker, Amanda L, Kay-Lambkin, Frances J, Gilligan, Conor, Kavanagh, David J, Baker, Fran, Lewin, Terry J

The Relationship between Perfectionism and Rumination in Post Traumatic Stress Disorder
**Citation:** Behavioural and Cognitive Psychotherapy, Published online by Cambridge University Press 15 Feb 2013, FirstView article(s)
**Author(s):** Sarah J. Egan, Mary Hattaway, Robert T. Kane

Severe Mental Illness:

A randomized controlled trial of relapse prevention therapy for first-episode psychosis patients: Outcome at 30-month follow-up.
**Citation:** Schizophrenia Bulletin, March 2013, vol./is. 39/2(436-448), 0586-7614;1745-1701 (Mar 2013)
**Author(s):** Gleeson, John F. M, Cotton, Sue M, Alvarez-Jimenez, Mario, Wade, Darryl, Gee, Donna, Crisp, Kingsley, Pearce, Tracey, Spiliotacopoulos, Daniela, Newman, Belinda, McGorry, Patrick D
**Full Text:** Available from Schizophrenia Bulletin in Fulbourn Hospital Library

Group cognitive-behavioral therapy for early psychosis.
**Citation:** Cognitive Therapy and Research, April 2013, vol./is. 37/2(403-411), 0147-5916;1573-2819 (Apr 2013)
**Author(s):** Chung, Young-Chul, Yoon, Kil-Sang, Park, Tae-Won, Yang, Jong-Chul, Oh, Keun-Young

A Graded Exposure Intervention for Distressing Visual Hallucinations in Schizophrenia
**Citation:** Behavioural and Cognitive Psychotherapy, Published online by Cambridge University Press 28 Feb 2013 FirstView article(s)
**Author(s):** Paul O'Brien, Louise Johns

Report of a feasibility study of a Mindfulness group for clients, carers and staff of an early intervention in psychosis service
**Citation:** the Cognitive Behaviour Therapist, Volume 5, Issue 04, 2012, pp 93 – 101
**Author(s):** S. Moorhead

Cognitive Behaviour Therapy for Psychotic Symptoms: A Randomized Controlled Effectiveness Trial
**Citation:** Behavioural and Cognitive Psychotherapy, Published online by Cambridge University Press 01 May 2013FirstView article(s)
**Author(s):** Bodil Krávkiv, Rolf W. Gråwe, Roger Hagen, Tore C. Stiles

Supervision:

Ten steps to cognitive behavioural supervision
**Citation:** the Cognitive Behaviour Therapist, Volume 5, Issue 04, 2012, pp 71 - 82
**Author(s):** P. Kenneth Gordon

Developing supervisory competence: preliminary data on the impact of CBT supervision training
**Citation:** the Cognitive Behaviour Therapist, Volume 5, Issue 04, 2012, pp 83 - 92
**Author(s):** Katherine Newman Taylor, Kenneth Gordon, Simon Grist, Charlotte Olding

A qualitative study exploring the perceived impact of supervision training on cognitive therapy supervisor practice
**Citation:** the Cognitive Behaviour Therapist, Published online by Cambridge University Press 17 May 2013, First View article(s),
**Author(s):** Joanne Younge, Anne Campbell
Regional IAPT CPD Events:

The DCP Faculty of the Psychology of Older People (FPOP) (formerly PSIGE) are holding their Annual Conference & AGM in the East of England this year. For information, see the FPOP website [http://www.kc-jones.co.uk/rsm/6/event-page/348/1].

Title: Sexuality & Identity in Older People
Keynote Speakers: Dr Linda Claire: Awareness, self-concept and the experience of dementia
                Dr David Weeks: Good Sex: Eccentrics and the super-young phenomenon.
Date: Thursday 4th July 2013 - Friday 5th July 2013
Venue: Town Hall, Colchester, Essex

Health in Mind (North Essex Partnership NHS Foundation Trust / Rethink) is hosting two CPD events for CBT Therapists:

- Treating PTSD in IAPT: A skills master-class. Facilitated by Dr Hannah Murray, Clinical Psychologist Traumatic Stress Service, South-West London & St Georges NHT Trust. 27 and 28 June from 9:00-17:00 in Colchester, Essex. Cost: £35.00
- Integrating Compassion Focused Therapy with familiar CBT approaches. Facilitated by Dr Mary Welford, Consultant Clinical Psychologists, Chair and Founding Member of the Compassionate Mind Foundation. 15 July from 9:00-17:00 in Colchester, Essex. Cost: £35.00

To register your interest, please email Rachel.anderson@rethink.org or call 0300 330 5455.

National IAPT Initiatives:

How do we make Psychological Therapies more available and effective for people with Severe Mental Illness?

If you are interested in answering this question, it may be helpful to refer to the national IAPT website for information and presentations from their SMI Conference in March [http://www.iapt.nhs.uk/smi/-smi-conference-07-march-2013/]. You may also be keen to visit one of the national SMI demonstration sites and share their experiences of establishing IAPT services for SMI. For information, please refer to the national IAPT website [http://www.iapt.nhs.uk/smi/-smi-demonstration-sites-open-days-2013/] and contact the organisers of the open days directly if you wish to attend.

National Open Days:
5th June 2013 - Somerset partnership NHS FT Open Day Flyer - Download details
18th June 2013 - IMPART - IAPT SMI Open Day, Ilford, Essex - Download details
27th June 2013 - Barnet Enfield Haringey MH NHS Trust - Download details
1st July 2013 - South London & Maudsley NHS Foundation Trust - Download details
11th July 2013 - Birmingham & Solihull FT / Spectrum Centre for MH Research site - Download details
22nd July 2013 - Barnet Enfield Haringey MH NHS Trust (North West) - Download details

A series of Positive Practice guides are available on the national IAPT website [http://www.iapt.nhs.uk/commissioning/positive-practice-guides/]
- Black and Minority Ethnic communities
- Older People
- Perinatal care
- Offenders
- Long Term Conditions
- Medically Unexplained Symptoms
- Veterans
- Learning Disability
- Working with people who use drugs and alcohol
Psychological Therapies / IAPT Workstream

Commercial IAPT CPD events:

British Association for Behavioural and Cognitive Psychotherapies (BABCP) 41st Annual Conference and Workshops.
16-19 July 2013: Imperial College, London. For further information visit: www.babcpconference.com:
- Adult Mental Health
- IAPT and Primary Care
- Child and Adolescent
- Older People
- Severe and Enduring Problems

Other BABCP events visit: www.babcp.com/training/events:
- Overcoming challenges when conducting and supervising CBT for Generalised Anxiety Disorder: Facilitated by Dr Collette Hirsch: 10 June 2013: Cambridge
- Understanding and working Effectively with GAD in Low Intensity CBT: Facilitated by Dr Marie Chellingsworth. 21 June 2013: Nottingham
- Couples Special Interest Group: Assessment and Formulation Skills, Theory to Practice. Facilitated by Carla Swan and John Williams. 27 June 2013: Milton Keynes.

SBK are organising a series of IAPT Seminars: 25th - 26th September 2013, Colmore Gate, Birmingham

1. Evolving the Role of the PWP in IAPT: Wednesday 25th September 2013
This unique event offers IAPT Service Managers and Psychological Wellbeing Practitioners the opportunity to get together and find out how other services are using their PWPs innovatively to cut costs and improve clinical outcomes.

2. Delivering Mental Health Services for Veterans and their Families: Wednesday 25th September 2013
This event will offer providers and commissioners of psychological therapy services with an interest in veterans’ mental health the opportunity to hear best practice from existing veterans’ mental health services from across the country.

3. IAPT for SMI: Thursday 26th September 2013
Learn how your IAPT service can evolve to meet the needs of people with severe mental illness. Chaired by Alex Stirzaker, the IAPT National Advisor for SMI, this interactive seminar will give you a unique insight into your most pressing issues, such as the impact of commissioning changes on IAPT for SMI.

Other SBK events in our IAPT and Mental Health series include:
- Children and Young People's IAPT:Thursday 11th July 2013, Hotel La Tour, Birmingham
- Optimising your IAPT Service for PbR: Wednesday 12th June 2013, DoubleTree by Hilton, Manchester
- IAPT for Long Term Conditions: Thursday 13th June 2013, DoubleTree by Hilton, Manchester
- Progressing your Adult Mental Health Inpatient Services: Wednesday 12th June 2013, Hilton, Manchester
- Driving Forward Mental Health Clinical Coding: Tuesday 2nd July 2013, DoubleTree by Hilton, Manchester

How to book your place:
1. Call on 01732 897 788
2. Email your details and the name of the event to bookings@sbk-healthcare.com

To include information in the next e-update, please email: nicola.biggs@cpft.nhs.uk

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