

Dr Helen Kennerley
Oxford Cognitive Therapy Centre

Wednesday, 13th March 2019
Venue: University of Reading



Ask Don't Tell: Socratic Methods in CBT

Introduction:

Padesky (1993) called Socratic questioning 'The cornerstone of cognitive therapy' – but why? What's the big deal about the Socratic approach in CBT? What's so good about "asking" rather than "telling"?

This workshop addresses what we mean by Socratic Method and why it does indeed have a place in the practice of CBT across a wide range of clinical settings. In particular, it references Padesky's Four Stage Model with video illustration.

In addition to discussing what contributes to 'good' Socratic practice, the workshop will consider the misuse of Socratic enquiry, when it might be beneficial not to use a Socratic approach and some of the problems that can arise when using the Socratic approach.

Content:

- What is Socratic Method?
- What do we want to achieve by using it?
- What is "good" Socratic technique?
- When is it best to use Socratic approaches?
- When is it best not to?

Learning objectives:

By the end of the workshop participants will be clear what we mean by Socratic methods and how best to employ them (or not) in CBT.



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Training modalities:

The workshop will be interactive and include both experiential and didactic teaching and videos. Participants will have a chance to discuss their own cases.

Key references:

Kennerley H, Kirk J & Westbrook D, (2017) Chapter 7- Socratic Method in: An Introduction to CBT: skills and application (Eds Kennerley et al) London: Sage

Padesky C (1993) Socratic Questioning: changing minds or guiding discovery? ECBCCT keynote address, London. Available from www.Padesky.com

About the presenter:

Helen is a consultant clinical psychologist who trained as a cognitive therapist in Oxford and the US. She is a founder member of The Oxford Cognitive Therapy Centre and was until her retirement the Director of the University of Oxford Diploma / MSc in Advanced Cognitive Therapy Studies. Clinically, she specialises in developmental trauma and maintains a particular interest in dissociative disorders and self-injurious behaviours. She has presented workshops nationally and internationally and has authored several cognitive therapy books. She is currently co-editing a book on Socratic Method (OUP) with Christine Padesky. In 2002, the BABCP voted her one of the most influential female cognitive therapists in Britain.

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**Cost of 1-day workshop:
£130 including lunch**

All workshops, unless otherwise indicated are intended for a cross/mixed ability audience, and are held local to Reading

