

the Cognitive Behaviour Therapist

The BABCP journal *the Cognitive Behaviour Therapist (tCBT)* is now into its third year and has published a wide range of scholarly articles ranging from service developments, review papers, theoretical developments and some original research studies. The editorial team has also been pleased to receive several papers on Clinical Supervision. The editorial team and the BABCP publishing partner Cambridge University Press are able to monitor access to the journal through its website, with a large increase in readership over the last year, so hopefully the journal is meeting its aim of providing papers that are of direct relevance to practitioners.

The most recent issue of the journal in June 2010 included the following papers clustered around a theme of supervision and education:

Towards evidence-based clinical supervision: the development and evaluation of four CBT guidelines by Derek Milne and Chris Dunkerley

A study to evaluate the provision of psychosocial supervision within an Early Intervention team by Sandra T. Neil, Sarah Nothard, David Glentworth and Elaine Stewart

Implementing DBT: selecting, training and supervising a team by Michaela A. Swales

The editorial team is very keen to develop the journal and its content further, if you have any feedback please contact Editor Michael Townend at m.townend@derby.ac.uk.

You can access *tCBT* directly from the members area of the BABCP website or with your Association membership number at the Cambridge University Press website:

<http://journals.cambridge.org/action/displayJournal?jid=CBT>

Early notice call for papers

During the rest of 2010 and into 2011 the *tCBT* editorial team will be making a number of calls for papers or suggestions for special issues. We are planning a call for Single Case Studies and a general call for papers later in the year. If you have any ideas that you want to discuss please contact Editor Michael Townend at m.townend@derby.ac.uk.

CoolTan[©] ARTS

CBT Today 'arts correspondent' **Patricia Murphy** invited CoolTan Arts, a London based arts centre focused on addressing mental health stigma and discrimination, to talk about their work...

CoolTan Arts exists to inspire well-being, rehabilitation and recovery, through the arts, for a diverse range of people experiencing mental distress. It is run by and for people with disabilities.

Creativity has been shown to offer a hugely powerful – and cost effective – way of helping people undo the stigma of mental health and achieve real change in their lives. At CoolTan Arts we harness the transformative power of the arts to provide a bespoke creative therapeutic service that supports the rehabilitation and recovery of people experiencing mental distress. In this way we aim to empower each participant to lead a healthier, more active life, reach their potential, engage in or resume an active role in society.

What we do

CoolTan Arts operates a vibrant arts centre in South London with a varied programme of creative workshops, run by subject experts to provide quality arts education, motivating and engaging participants in a meaningful way to develop skills.

CoolTan Arts has increased its

portfolio of activities and launched a ground-breaking self-advocacy skills training programme, composed of one-to-one learning support tutorials.

One of CoolTan Arts' most ambitious projects is the Largactyl Shuffle, a monthly cultural walk which was named after an anti-psychotic drug that can have extreme physical side effects including a distinctive shambolic gait. The Largactyl Shuffles are led, organised and managed by volunteers and participants offering them meaningful opportunities to be part of the wider community and destigmatising mental health through hidden history.

CoolTan Arts uses social enterprise principles to become more financially sustainable, hires its workshops and tutors to third parties, sells artwork, cards and merchandise.

We take referrals and are keen to hear from you to share best practice, put together conferences, have art exhibitions, show films, work in partnership.

More information on CoolTan Arts can be found online at www.cooltanarts.org.uk

willingness

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Training workshops in Sheffield

An introduction to motivational interviewing
Paul Bliss, Friday 8th October 2010

Cognitive behaviour therapy for chronic pain
John Blackburn, Monday 18th October 2010

Cognitive behaviour therapy for post traumatic stress disorder
Julie Forrest, Friday 12th November 2010

Cognitive therapy for depression
Catherine Machin, Friday 10th December 2010

CBT for chronic fatigue syndrome: basic skills and dealing with complexity
Philip Kinsella, Friday 14th January 2011



All workshops £99 per person

www.willingness.org.uk

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