



# Systemic Workshop – The Exeter Model – Couple Therapy for Depression – 2022

**Limited spaces to join this three-day, hybrid training – do not miss this opportunity!**

**Dates:** 21<sup>st</sup> Nov, 28<sup>th</sup> Nov and 5<sup>th</sup> Dec 2022

**Time:** 9.30 – 4pm

**Venue:** Online and face-to-face in room G17/18 (Mood Disorders Centre, University of Exeter)

## **Intensive training information**

This is a three-day intensive course developed originally in collaboration with the University of Exeter's Mood Disorders Centre which has a brief to research and provide treatment for depression according to NICE guidelines. Behavioural couples therapy is one of the recognised [NICE therapies](#) for the effective treatment of depression. Current research suggests people with depression may benefit most from both behavioural and empathic strategies, which the Exeter Model teaches. The Model represents a collation of the purely behavioural techniques indicated by the RCT manualised research informing the NICE recommendation and also the systemically informed techniques that are both behavioural and or empathic identified by the UK Expert Reference Group on [Couple Competencies](#). The teaching draws from the Exeter Model manual and will include role play, case material, group work and DVD examples of clinical work within the Exeter Model.

## **Trainer - Professor Hannah Sherbersky**

Hannah Sherbersky is a Systemic Family Psychotherapist, Associate Professor and Deputy Director of CEDAR at the University of Exeter. Hannah co-developed the Exeter Model and manual with Professor Janet Reibstein. She has many years of experience working within the mental health service, as Family Therapist and as Co-Director of the Systemic Portfolio at the University. Here, with colleague Mark Rivett, she has helped to establish one of the most prolific systemic training providers in country. Hannah has co-developed six systemic courses, including systemic supervision, family therapy qualifying, CYP IAPT, family interventions and inpatient training courses. In 2020, Hannah completed her Doctorate in Clinical Practice, researching notions of 'home' within an inpatient context. She presents nationally and internationally and has published on various family therapy subjects. She is an Associate Editor for the Journal of Family Therapy and is interested in innovative delivery of systemic ideas, recently contributing to a BBC documentary about family therapy (2019), an online couple's therapy app (2020) and a UKCP podcast (2020).

## **Fees and booking**

- Fee £225 for the three day workshop
- Booking via online shop at <http://cedar.exeter.ac.uk/cpd/>
- Please email [createprojects-cedar@exeter.ac.uk](mailto:createprojects-cedar@exeter.ac.uk) for enquiries.

