

W03-01

TREATING CHRONIC DEPRESSION WITH COGNITIVE BEHAVIOURAL ANALYSIS SYSTEM OF PSYCHOTHERAPY(CBASP)

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Background: Patients with Chronic Depression present particular challenges to psychological therapists and the evidence base for CBT with this disorder is weak. However, a large multi-centre clinical trial has demonstrated that Cognitive Behavioural Analysis System of Psychotherapy (CBASP) can be an effective therapy for chronic depression. In CBASP, patients learn how their cognitive and behavioural patterns produce and perpetuate interpersonal problems and how to alter maladaptive patterns of interpersonal behaviour. CBASP focuses primarily on problematic interpersonal situations in the everyday lives of people with chronic depression using a structured intervention called situational analysis. In addition, it places considerable emphasis on the therapeutic relationship as a vehicle for change using a methodology termed disciplined personal involvement. Clinical experience to date suggests that CBASP can be a very effective approach for a difficult to treat disorder.

Objectives: In this didactic workshop combining opportunities to hear/see actual CBASP therapy carried out individuals will learn about the model and therapy process and key mechanisms of change will be discussed with role-play used where appropriate to illustrate specific techniques. The theoretical model underpinning CBASP and the empirical evidence will be outlined.

References:

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2. McCullough, J. P., Jr. (2000) *Treatment for Chronic Depression: CBASP*, Guilford, New York.
3. McCullough, J. P., Jr (2001) *Skills Training Manual*. The Guilford Press, New York and London
4. Swan, J & Hull, A.M. (2007). *Adv Psych Treat*, 13, 458-469.