

**TUESDAY 4 JUNE****13:00 – 17:00****Carron 1****EPSIG/MHWG course – Co-creating personalised treatment plan, how to live your best life**

Facilitator: Steve Jones, Sheffield, UK

Moderators: Katie Smith, Southampton, UK / Dagmar Brocke, Utrecht, NL / Joke Snick, Ghent, BE / Yvonne Prins, Amsterdam, NL

- 13:00 – 14:15** A narrative journey – experiencing the meaning of personal narratives
- 14:15 – 14:30** COFFE BREAK
- 14:30 – 15:45** Working with value – applying clinician and client values to clinical work
- 15:45 – 16:00** COFFE BREAK
- 16:00 – 17:00** “ACT”ing in-line with clients / reflections

“As professionals we work with individuals every day, but how often do we “SEE” the individual? We are all a complex weaving of histories, stories and context and this is especially relevant within the field of CF. The aim of this workshop is to explore the importance of understanding and working with the individual who sits in front of us. To look beneath the umbrella terms like Cystic Fibrosis, Kaftrio etc.

The workshop will focus on experiential exercises to put us in the mindset of the individuals we work with regardless of their situation and look to use skills from Acceptance and Commitment Therapy to solidify these experiences and learnings. I would hope this is a vibrant, fun and stimulating day setting us up for the rest of the conference and beyond.”

I'm Dr Steve Jones, A Clinical Psychologist working at Sheffield Children's Hospital in the UK. I started work as an Assistant Psychologist in the Sheffield Adult CF unit and after I completed clinical training, my career has come full circle with me working into the Paediatric CF unit. While I am an accredited Cognitive Behavioural Psychotherapist, my main passion is for Acceptance and Commitment Therapy (ACT). I love to cascade ACT and bring it to new audiences as evidenced by me writing “ACT Made Yorkshire” during lockdown in an attempt to translate ACT into my own language and upbringing. Working to embed ACT guided thinking and contextual awareness is something which we can all take forwards as mental health advocates within the complexities of multidisciplinary team working while supporting people diagnosed with CF.

