

# F EELING GOOD UK Newsletter

This is our fourth Feeling Good UK newsletter and we are very pleased to share our latest, exciting news. This newsletter highlights both the increasingly international reach of TEAM-CBT as well as the benefits of technology in expanding our knowledge and training. We encourage our readers to share the newsletter and to invite others to join the mailing list.

## Feeling Good UK News

We are pleased to welcome Rima Nezameddin to our Feeling Good UK group.

We are very excited to announce that our application to form a special interest group (SIG) in the BACBP has been approved. This will go a long way to validating and promoting TEAM-CBT in the UK. Watch this space for more news of this.

### Events

On Friday 5th November five members of our group ran a day's workshop for the British Psychological Society, giving an overview of the elements of TEAM-CBT. The highlight of the day was welcoming David Burns, who joined us for the last hour from California to answer questions from participants, sharing his wisdom and years of experience to a very grateful audience.

## Feeling Good UK Meeting in Oxford

The first UK in-person meeting took place in October in Oxford, with attendees coming from across the UK. We were especially excited to meet Rhonda Barovsky, co-host of the Feeling Good podcast with David Burns and a highly experienced TEAM-CBT practitioner and trainer, who was visiting the UK from California. These are exciting times for TEAM-CBT, as it becomes more well-known and adopted in therapeutic treatment around the world. This was the first chance for members of Feeling Good UK to meet in person, an opportunity which was greatly appreciated. Practitioners included doctors, therapists and coaches from a variety of different settings, including the NHS and private practice.

Discussion involved promoting TEAM-CBT in the UK; techniques and skills required for use with clients; training and development and promotion within the NHS and private practice. This promotion included the forthcoming presentation to the British Psychological Society on 5 November, and a TEAM-CBT Special Interest Group within the UK's main CBT body, the British Association for Behavioural and Cognitive Psychotherapies.

Rhonda Barovsky, our visitor from America, gave a fascinating insight into the origins of TEAM-CBT, its growth and success, as well as future plans. She discussed her interest in promoting TEAM-CBT worldwide and finding ways to support training and research into TEAM-CBT on a global scale.

While attendees came from a variety of disciplines and careers, there was universal appreciation of the effectiveness of TEAM-CBT, and its ability to create rapid and lasting improvements. The simple, practical and collaborative approach of this framework allows it to be used effectively in a variety of situations to quickly find the root of clients' problems and also gives them the tools to make the necessary changes to alleviate distress.

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**Tony Freeman is a CBT therapist in private practice.**



# Personal experiences transitioning to online therapy and training during the pandemic

**Dipti Joshi is a clinical psychologist and a Level 4 TEAM-CBT trainer and therapist.**



The beginning of the pandemic saw me reluctant to transition to online therapy. I overcame my uncertainties by becoming proficient with computer technologies, securing reliable, fast internet, and sourcing appropriate hardware. My psychology practice and training career exploded as a result. I am now an internationally recognized therapist and trainer, regularly providing services beyond the confines of Gujarat (my sole pre-pandemic place of practice). I now easily access international mentors to support my practice, and

## 5 Secrets Practice Group

I've been leading a weekly training group with Guy Marshall for a few months focused on the practice of Dr. David Burns's Five Secrets of Effective Communication. The meetings are online on Thursdays from 12 pm to 1 pm PST and are open to both therapists and the general public from all over the world. We also have a WhatsApp group where we connect and share our experiences.

As I learn more about the "Five Secrets", it feels great to share that experience with others who also want to improve their communication skills. In each session, we practice together in a structured way, using exercises from Dr. Burns's book *Feeling Good Together*, the Feeling Good Podcast and Broadcast, along with personal or made-up examples.

If you are interested in joining our group, feel free to contact me through the email [ateresasilva6@gmail.com](mailto:ateresasilva6@gmail.com). We'll be happy to have you in our team!

**Ana Teresa Silva is a coach and TEAM CBT Level 1 Certified who specialises in helping people with stable, but unsatisfying jobs, to start a complementary professional activity that they are passionate about.**

online therapy provides clients with worldwide options.

Online technology proficiency transformed my practice. I am a Level 4 certified TEAM-CBT Trainer—an extension to CBT based on the revolutionary work of Dr. David Burns from the Feeling Good Institute, California—undertaking almost all my training online.

Dr. Burns' techniques are well suited to online therapy. The Testing and Empathy components use standardized tools and evaluation instruments to measure therapeutic progress accurately and identify therapist strengths and areas for improvement on a therapy session to session basis. All tools are designed for online practice, and therapy scores can be collaboratively interpreted with clients using the screen-sharing tool available in many video conferencing apps. Once a client and I agree that we are right for each other, we explore any resistance to be addressed the Assessment of resistance phase. The client acknowledges that therapy is hard work and that they must be genuinely engaged in bringing desired changes, thus reducing therapy resistance and ensuring transparency and client-centred outcomes.

Online technologies have not only allowed me to provide high-quality therapy to clients but also deliver fully online training programs for psychologists globally. The world of therapy has become so much more transparent, effective, and accessible.

Overall, transitioning to online therapy is a blessing in disguise.



## Inspiring Interviews

On his website David Burns has now made a compilation of his most inspiring interviews, from podcasts he has been a guest on.

Click on the icon to go to the interviews.