

A conversation with Dr. Yvonne Barnes- Holmes of Perspectives Ireland about Process-Based Behaviour Therapy (PBBT)

A free webinar Nov. 12, 2024, 18.00-19.30 Danish time



This is a primer to the forthcoming workshop in Denmark March 2025.

This is an opportunity to hear one of the founders of the modern dynamically oriented behaviour therapy, PBBT, which is rapidly emerging on the international scene.

The webinar will be a conversation between psych. Camilla Grønlund, Acthouse, Denmark and Yvonne, with participation by the audience. We will definitely be covering: the roots and applications of PBBT as a self-oriented behaviour therapy; where did it come from; what is it aligned with, theoretically and philosophically; and what is its main focus?

If you want to understand why PBBT was founded. If you want to understand what they believe it adds to existing regimes within the behaviourally oriented contextual therapies such as ACT, FAP... this webinar will interest you. If you are an established clinician and you have wondered about the role of self or how much of yourself should be in the room with Clients, this will definitely interest you.

Registration:

Register to Camilla Grønlund: camilla@acthouse.dk

I will send your email to Yvonne at Perspectives Ireland, and they will set up the online platform from where this event takes place. I will then send you a Zoom link to the event.

Looking forward to seeing you and having an interesting conversation
Kindly *Camilla*