

PRESS RELEASE

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Suicide Conference Features New Approach to Therapy

Suicide prevention came under the spotlight this month with a conference in Essex held on 3 September, organised jointly by University of Essex, Centre for Psychoanalytic Studies (CPS); North Essex Partnership NHS Foundation Trust, (NEPFT) and Care Services Improvement Partnership, (CSIP).

The principle theme and discussion at the conference centred on a completely new approach to working with suicidal individuals being pioneered in Seattle called CCT – Contextual-Conceptual Therapy.

The pioneer of this new psychological therapy is Fredric Matteson, who was invited to Essex for the conference by NEPFT, the mental health service provider for the north of the county.

CCT is an innovative therapy that uses a counter-intuitive approach to treat the person behind the symptom in suicidality. The team from Seattle report significant success in taking people from the brink of despair to a position where they are “grateful to be alive”.

NEPFT Lead Psychologist David Olive, who chaired the afternoon session of the conference, comments: “I am not aware of any psychotherapeutic technique developed so exclusively to help suicidal patients. All practising psychologists and psychiatrists deal with suicidal patients using a variety of techniques. I hope that we will be able to explore further use of CCT in the UK as its focus on suicide could be very helpful.”

The University and the Trust may jointly be offering follow-up seminars on the subject of suicide over the coming academic year.

For more information on CCT visit www.ContextualConceptualTherapy.com or to contact Fredric Matteson, please email David Millar (conference convenor), University of Essex, Centre for Psychoanalytic Studies at David.Millar@nepft.nhs.uk

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