

Advanced Supervisors' Workshops 2026

Organised by the Sheffield, Leeds and Hull DClin Psy Programmes

For Supervisors across the Yorkshire and Humber Region

The Sheffield, Leeds and Hull Clinical Psychology training programmes have planned a series of advanced supervisor workshops (ASW) in 2026. There are two aims for these events.

1. To support our supervisors in providing high quality placements for clinical psychology trainees,
2. To provide learning opportunities which focus upon the development of all aspects of supervisory skills and frameworks at a time of significant and demanding organisational change upon clinical services and clinical psychology roles.

All ASW training events are **free to all our supervisors of clinical psychology trainees**. Places are limited and will be allocated on a **first come, first served basis**, with equal places reserved for each course.

Sheffield Workshop

CBT competencies and complexity

The aim of the day is to consider increasing levels of complexity often seen in clinical psychology practice and to reflect on how supervisors can support trainees to identify and carry out discrete pieces of work that will allow trainees to develop CBT competencies within the backdrop of complexity.

This will involve:

- Considering common features of complexity
- Sharing and reflecting on key principles that may guide treatment planning
- Opportunity to practice using these principles with case examples

Venue: ICOSS Room B06, 219 Portobello, Broomhall, Sheffield S1 4DP

Date: Friday 18th September 2026

Time: 9.30am – 1pm

Lunch will not be provided. Tea/coffee will be provided in the morning only.

To book your place please contact Rachel Hill rachel.hill@sheffield.ac.uk

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Dr Helena Drury is a HCPC Registered Practitioner Psychologist and BABCP accredited CBT practitioner.

Helena is a Senior Clinical Tutor on the University of Sheffield DClInPsy, and is also the UoS DClInPsy CBT pathway lead, supporting supervisors and a small number of trainee clinical psychologists to work towards BABCP practitioner accreditation. Helena's clinical practice is focused on adult mental health, anxiety disorders (particularly Obsessive-Compulsive Related Disorders and Hoarding Disorder), and the intersection between long-term physical health conditions and mental wellbeing. Helena previously worked at Talking Therapies Southwark and the Centre for Anxiety Disorders and Trauma; her current clinical practice is in private practice.

Rachel Cooper is a BABCP accredited Cognitive-Behavioural Therapist. Rachel is the CBT pathway lead on the University of Hull Clinical Psychology doctorate, where the pathway started in 2024 and was accredited at level 1 by the BABCP in June 2026. Prior to this, Rachel was a Clinical Lecturer on the PG Dip in CBT at University of Hull (both secondary care and NHS TT). Clinically, Rachel has worked across a number of different services within adult mental health, including psychiatric rehabilitation, Assertive Outreach, Primary Care Psychology and IAPT/ NHS Talking Therapies. Her current clinical practice is in General Liaison (Psychological Medicine) for Humber Teaching NHS Foundation Trust.

Carlyn Boyce is a BABCP accredited Cognitive Behavioural Psychotherapist and Supervisor and EMDR Therapist. Carlyn is a Senior Teaching Fellow in Cognitive Behavioural Therapy and CBT Pathway Lead on the University of Leeds Clinical Psychology Doctorate programme, where she supports trainees and supervisors working towards BABCP practitioner accreditation. Clinically, Carlyn has over 15 years of experience working across primary and secondary care mental health services, including NHS Talking Therapies, crisis services, inpatient settings, learning disability services and brain injury rehabilitation. She has held clinical leadership roles within NHS services and has a particular interest in CBT for complexity, supervision, workforce wellbeing, racial trauma and anti-racist clinical practice. Carlyn is actively involved in teaching, supervision and curriculum development, and has developed training on the impact of racial trauma and culturally responsive psychological practice.