



GLASGOW ANXIETY & DEPRESSION
SUPPORT SERVICE

PROFESSIONAL & INTEREST GROUP **MEMBERSHIPS**

Professional & Interest Group Memberships

We can provide a number of Membership opportunities, including The CBT'ers Club, Glasgow and West Eating Disorders Networking Group and the Glasgow and West Therapist and Counsellors Club. More information about each of these below.

Membership of The CBT'ers Club

Being a psychotherapist, counsellor, coach, psychologist or practitioner - especially when in private or independent practice - can often be a lonely and isolating place. You don't see other practitioners often, you might not have anyone to discuss ideas or experiences with (except in supervision) and you might wish to connect or network and discuss work-related ideas, experiences and information with other people. It can be isolating working in private or independent practice, can't it?

Well, it doesn't have to be like that. Following on from our own experiences as CBT psychotherapists and psychology practitioners, The CBT'ers Club was set up in late 2013 by Alexandra O'Brien, initially as a peer support and mentoring group. We all know what it's like to feel isolated and distanced from other practitioners.

Since setting up, we have discovered that meeting up, networking and interacting with other individuals with an interest in CBT has been invaluable. It has not only helped our own practice with clients, but has really helped decrease the feeling of isolation and loneliness that often comes with being an independent practitioner. This is something all of our Registered Members have reported on since becoming Members - they really value their The CBT'ers Club Membership.

Meetings and gatherings have been very successful. We not only get to discuss the 'serious' matters of work, CBT practice, client work, CPD etc: we also make new friends, share ideas and experiences, interact with other people, decrease isolation and, best of all, have a laugh and some fun at meetings and gatherings too! That's really important!

For more information about The CBT'ers Club and how to become a Registered Member, see our partner website dedicated to The CBT'ers Club: www.cbtersclub.co.uk

Membership of Glasgow and West Eating Disorders Networking Group

This is a networking, ideas, and discussion group for anyone in Scotland with a personal or professional interest in eating disorders.

A few years ago, a group of people in Scotland became interested in starting a network group. This was for anyone interested in eating disorders either in a personal or professional capacity from different parts of Scotland who would like to network, meet for discussions, gatherings, focus groups, social activities, events and lots more.

Such a group started in 2013 and hosted various events and gatherings: large networking afternoon (Glasgow); social outing to the theatre (Edinburgh); discussion groups (Edinburgh, Glasgow and Stirling); film screening (Glasgow) and lots more! It was known by a different name then.

The group is now known as Glasgow and West Eating Disorders Networking Group and hope to re-start this in 2019. So, if you're interested in getting involved as a Member, co-ordinator, or volunteer, please do get in touch!

What Type of Things Does GWEDNG Do?

You might be thinking 'What kind of things will GWEDNG do?' The answer is: as much as we can! While the aim of GWEDNG is 'networking' and creating discussion groups, we think that this can involve a lot of things and lots of different people from many parts of Scotland. We would love to hear your ideas and comments, as we are open to new ideas and experiences.

Here's some ideas and suggestions. We've already done some of these and look forward to more future meetings, events, gatherings and networking!:

- *Workshops.*
- *Discussion and Focus Groups.*
- *Coffee and Chat Groups/Social Events.*
- *Research and Experiences.*
- *Talks and Presentations.*
- *Informal Meetings and Gatherings.*
- *Sharing experiences, information, knowledge and ideas.*

- *Meeting and talking with as many people as possible and keeping the topic alive.*
- *Other (suggestions welcome)*

Membership of Glasgow and West Therapist and Counsellors Club

More information coming soon.