

James M. BENNETT-LEVY

Abbreviated Academic Curriculum Vitae since 2000

CURRENT APPOINTMENT

Associate Professor, Mental Health.
University Centre for Rural Health North Coast,
School of Public Health, University of Sydney (since 2008)

NATIONALITY: Australian
LANGUAGE: English – proficient
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QUALIFICATIONS

2006 Accredited CBT Trainer, Accredited CBT Supervisor, Accredited CBT Therapist,
British Association of Behavioural & Cognitive Psychotherapy
2003 **Chartered Clinical Psychologist**, British Psychological Society, UK
2002 **Doctor of Philosophy**, Southern Cross University, Lismore, Australia
1978 **MPhil. Clinical Psychology**, Institute of Psychiatry, London University, UK.
1976 **BA Experimental Psychology (Hons I)**, Oriel College, Oxford University, UK

AREAS OF EXPERTISE

Mental Health; Evidence-based psychological treatments; Cognitive Behaviour Therapy; Low Intensity CBT interventions; CBT Training for mental health professionals

APPOINTMENTS & MEMBERSHIPS

Member, Australian Psychological Society (APS)
Member, British Psychological Society (BPS)
Member, Australian Association of Cognitive Behaviour Therapy (AACBT)
Member, British Association of Behavioural and Cognitive Psychotherapy (BABCP)

PREVIOUS EMPLOYMENT

2002-2008 **Consultant Clinical Psychologist**, Oxford Cognitive Therapy Centre (OCTC),
Warneford Hospital, Headington, Oxford, UK.
1998-2001 **Lecturer, Clinical Psychology** (F/T 1998-2000; Adjunct 2000-01), Department of
Psychology, James Cook University of North Queensland, Australia. Role included:

MAJOR RESEARCH GRANTS

Chief Investigator	Project Title	Funding Body	Year / Amount
Bennett-Levy J, Battersby M.	Improving access to psychological therapies	Beyondblue	2009 \$280,000
Bennett-Levy J.	Effective first sessions in cognitive therapy	James Cook University	\$10,000

PUBLICATIONS

Books

Hackmann A, Holmes E, **Bennett-Levy J.** (Eds.) 2010 *The Oxford guide to imagery in cognitive therapy*. Oxford University Press, Oxford, UK. In press

Bennett-Levy J, Christensen, H Farrand P. et al (2010). *The Oxford guide to low intensity CBT interventions*. Oxford, Oxford University Press.

Bennett-Levy J, Butler G, Fennell MJV, Hackmann A, Mueller M, Westbrook D. (Eds.) (2004). *The Oxford guide to behavioural experiments in cognitive therapy*. Oxford University Press, Oxford, UK

Book Chapters

Bennett-Levy J, Richards D, Farrand P. (2010) Low intensity CBT interventions: a revolution in mental health care. In: **Bennett-Levy J**, Richards D, Farrand Pea, editors. *The Oxford guide to low intensity CBT interventions*. (p 3-18) Oxford University Press, Oxford, UK.

Sanders D, **Bennett-Levy J.** (2010) When therapists have problems: What can CBT do for us? In: Mueller M, Kennerley H, McManus F, Westbrook D, editors. *The Oxford guide to surviving as a CBT therapist*. (p. 457-480). Oxford University Press, Oxford, UK.

Bennett-Levy J, Thwaites R, Chaddock A, Davis M. (2009). Reflective practice in cognitive behavioural therapy: The engine of lifelong learning. In Dallos R, Stedmon J. (Eds): *Reflection in Counselling and Psychotherapy*. (pp.115-135) Open University Press, Maidenhead

Bennett-Levy J, Thwaites R. (2007). Self and self-reflection in the therapeutic relationship: A conceptual map and practical strategies for the training, supervision and self-supervision of interpersonal skills. In Gilbert P, Leahy R. (Eds) *The therapeutic relationship in the cognitive behavioural therapies* (p. 255-281). Routledge, London, UK.

Bennett-Levy J, Westbrook D, Fennell MJV, Cooper M, Rouf K, Hackmann A. (2004). Behavioural experiments: Historical and conceptual underpinnings. In Bennett-Levy J, Buttler G, Hackmann A, Mueller M, Westbrook D. (Eds.) *The Oxford guide to behavioural experiments in cognitive therapy* (p.1-20). Oxford University Press, Oxford, UK.

Fennell MJV, **Bennett-Levy J**, Westbrook D. (2004). Depression. In: In Bennett-Levy J, Buttler G, Hackmann A, Mueller M, Westbrook D. (Eds.): *The Oxford guide to behavioural experiments in cognitive therapy* (p.205-222). Oxford University Press, Oxford, UK.

Rouf K, Fennell MJV, Westbrook D, Cooper M, **Bennett-Levy J.** (2004). Devising effective behavioural experiments. In Bennett-Levy J, Buttler G, Hackmann A, Mueller M, Westbrook D. (Eds.) *The Oxford guide to behavioural experiments in cognitive therapy* (p.21-58). Oxford University Press, Oxford, UK.

Kavanagh DJ, **Bennett-Levy J**, Crow N. (2002). A cognitive-behavioural approach to supervision. In M McMahon & W Patton (Eds.) *Supervision in the helping professions: A practical guide* (p.131-142). Pearson Education, Sydney, Australia.

Peer Reviewed Journal articles

Bennett-Levy J, Perry H. (2009) The promise of online cognitive behavioural therapy training for rural and remote mental health professionals. *Australasian Psychiatry*, 17(1):S121-S4.

Bennett-Levy J, McManus F, Westling B, Fennell M. (2009) Acquiring and refining CBT skills and competencies: Which training methods are perceived to be most effective? *Behavioural and Cognitive Psychotherapy*, 37:571-583

Bennett-Levy J, Perry H. (2009). The promise of online cognitive behavioural therapy (CBT) training for rural and remote mental health professionals. *Australasian Psychiatry*, 17(1) S121-S124.

Bennett-Levy J, McManus F, Westling B, Fennell M. (2009). Which training methods are perceived to be most effective in acquiring and refining which CBT competencies? *Behavioural and Cognitive Psychotherapy*,

Bennett-Levy J, McManus F, Westling B, Fennell MJV. (2009). Acquiring and refining CBT skills and competencies: Which training methods are perceived to be most effective?" *Behavioural and Cognitive Psychotherapy*, 37: 571-583.

Bennett-Levy, J. A. (2008). On-line training: The bridge to better CBT? *CBT Today*, 38(1), 8-9.

Westbrook D, Sedgwick-Taylor A, **Bennett-Levy, J**, Butler G, McManus F. (2008). A pilot evaluation of a brief CBT training course: Impact on trainees' satisfaction, clinical skills and patient outcomes. *Behavioural and Cognitive Psychotherapy*, 36(5), 569-579.

Bennett-Levy J, Beedie A. (2007). The ups and downs of cognitive therapy training: What happens to trainees' perception of their competence during a cognitive therapy training course? *Behavioural and Cognitive Psychotherapy*, 35, 61-75.

Thwaites R, **Bennett-Levy J**. (2007). Conceptualizing empathy in cognitive therapy: Making the implicit explicit. *Behavioural and Cognitive Psychotherapy*, 35(5), 591-612.

Bennett-Levy J. (2006). Therapist skills: A cognitive model of their acquisition and refinement. *Behavioural and Cognitive Psychotherapy*, 34, 57-78.

Fisher K, **Bennett-Levy J**, Irwin R. (2003). What a GAS! Action research as a peer support process for postgraduate students. *Ultibase*, Nov, <http://ultibase.rmit.edu.au/Articles/nov03/fisher.pdf>

Bennett-Levy J. (2003). Reflection: A blind spot in psychology? *Clinical Psychology*, 27, 16-19

Bennett-Levy J. (2003). Mechanisms of change in cognitive therapy: The case of automatic thought records and behavioural experiments. *Behavioural and Cognitive Psychotherapy*, 31, 261-277.

Bennett-Levy J, Lee N, Pohlman S, Travers K, Hamernik, E. (2003). Cognitive therapy from the inside: Enhancing therapist skills through practising what we preach. *Behavioural and Cognitive Psychotherapy*, 31, 143-158.

Bennett-Levy J, Turner F, Beaty T, Smith M, Paterson B, Farmer S. (2001). The value of self-practice of cognitive therapy techniques and self-reflection in the training of cognitive therapists. *Behavioural and Cognitive Psychotherapy*, 29, 203-220.

CONFERENCE PRESENTATIONS

Published Conference Papers

Bennett-Levy J. (2009) CBT training and supervision: What should we be training and how should we be doing it? One-day workshop, *European Association of Behavioural and Cognitive Therapy, Dubrovnik*, September.

Bennett-Levy J. (2005) What role does the ‘person of the therapist’ play in therapist skill development? Empirical and theoretical perspectives. In: Jackson, M, & Murphy, G. (Eds.): *Theory and practice in contemporary Australian cognitive and behaviour therapy: 28th National AACBT Conference (p.32-37)*. Australian Association for Cognitive and Behaviour Therapy, Melbourne.

Bennett-Levy J. (2005) Therapy skills: A cognitive model of their acquisition and refinement. In: M. Jackson & G. Murphy (Eds.): *Theory and practice in contemporary Australian cognitive and behaviour therapy: 28th National AACBT Conference (p.25-31)*. Australian Association for Cognitive and Behaviour Therapy, Melbourne.

Bennett-Levy J, Westling B, McManus F. (2008) Are some training methods better than others? It depends on what you’re training. *EACBT Conference, Helsinki*, September.

Bennett-Levy J. (2008) CBT Training: What are the important questions? *BABCP Conference, Edinburgh*, July.

Bennett-Levy J, Thwaites R, Freeston M, Davis M. (2008) Personal experiential work in CBT training: The challenges ahead. *BABCP Conference, Edinburgh*, July.

Davis M, Thwaites R, Freeston M, **Bennett-Levy J, Chaddock A.** (2008) SP/SR with experienced CBT Therapists: A measurable impact on beliefs and therapeutic skills. *BABCP Conference, Edinburgh*, July

Davis M, Thwaites R, Freeston M, **Bennett-Levy J, Chaddock A.** (2008) Don't stop reflecting! Adapting a self-practice/self-reflection approach for experienced CBT therapists. *BABCP Conference, Edinburgh*, July

ThwaitesR, DavisM, Chaddock A, **Bennett-Levy J.** (2008) Personal experiential work in CBT training: The state of the art. *BABCP Conference, Edinburgh*, July

Bennett-Levy J, Thwaites R. (2007) Woolly no more: A conceptual framework for understanding empathy in cognitive therapy. *BABCP Conference, Brighton*, September.

Bennett-Levy J. (2007). Why are self-experiential training strategies effective for cognitive therapists? *World Congress of Cognitive Therapy, Barcelona*, July.

Chaddock A, Thwaites R, Freeston M, **Bennett-Levy J.** (2007) The impact of a Self-Practice/Self-Reflection programme on two trainee cognitive-behaviour therapist’s skills: Assimilation, accommodation and disequilibrium. *World Congress of Cognitive Therapy, Barcelona*, July.

Bennett-Levy J. (2006) What determines trainees’ engagement with personal development work during cognitive therapy training? *EACBT Conference, Paris*, September.

Chaddock A, Thwaites R, Freeston M, **Bennett-Levy J.** (2006.) Can self-practice/self-reflection enhance the therapeutic skills and attitudes of trainee cognitive-behavioural therapists? *EACBT Conference, Paris*, September.

Thwaites R, Chaddock A, **Bennett-Levy J.** (2006). How does a manualised self-practice/self-reflection (SP/SR) programme impact on trainee CBT therapists’ ability to work with interpersonal process? *EACBT Conference, Paris*, September.

Bennett-Levy J, Padesky C. (2006) Reflection is important! *BABCP Conference, Warwick*, July.

Bennett-Levy J, Fennell M, Hackmann A, Westbrook D. (2005) How to create effective behavioural experiments. *AABCT Conference*, Washington, November.

Bennett-Levy J. (2005) How do we acquire and refine therapy skills? A new reflection-based model. *International Association of Cognitive Psychotherapy Conference*, Gotenberg, Sweden, June.

Bennett-Levy J. (2005) What role does the ‘person of the therapist’ play in therapist skill development? Empirical and theoretical perspectives. *28th National AACBT Conference*, Melbourne, Australia, April.

Bennett-Levy J. (2005) Therapy skills: A cognitive model of their acquisition and refinement. *28th National AACBT Conference*, Melbourne, Australia, April.

Bennett-Levy J. (2004) Towards an information processing model of therapist skill development. *EACBT Conference*, Manchester, July.

Beedie A, **Bennett-Levy J (2004)** I’m not as unskilled as I thought: Influences on self-perception of competence during cognitive therapy training. *EACBT Conference*, Manchester, July.

Bennett-Levy J. (2003) Do actions speak louder than words? *EACBT Conference*, Prague, September.

Bennett-Levy J. (2003) Cognitive therapy from the inside: Reaching the parts other training strategies cannot reach? *BABCP Conference*, York, July.

Bennett-Levy J. (2003) Navel gazing or valuable training strategy? Self-practice of therapy techniques, self-reflection, and the development of therapist expertise. *European Positive Psychology Conference*, Winchester, June.

Bennett-Levy J, Lee N, Travers K, Hamernik E, Pohlman S. (2002) How does personal experiential work impact on the skills of cognitive therapists? *BABCP Conference*, Warwick, July.

Bennett-Levy J. (2001) Should personal experiential work be a part of cognitive therapy training? *Queensland College of Clinical Psychologists Annual Conference*, Brisbane, October.

Bennett-Levy J, Lee N, Pohlman S, Travers K, Hamernik E. (2001) Stepping into the client's shoes: Using self-practice and self-reflection as a learning tool for cognitive therapists. *24th AACBT Conference*, Sydney, September.

Bennett-Levy J, Lee N (2001) Accreditation and training: The Queensland response. *24th AACBT Conference*, Sydney, September.

Lee N, **Bennett-Levy J. (2001)** Dreaming the impossible dream? A national review of accreditation and training of cognitive behavioural practitioners in Australia. *24th AACBT Conference*, Sydney, Sept.

Bennett-Levy J, Taylor B. (2000) Is there a place for qualitative research in cognitive therapy? *7th International Congress on Constructivism in Psychotherapy*, Geneva, September.

Bennett-Levy J. (2000) Values and goals, glasses and roles: The impact of professionals’ thinking and behaviour on people with neurological disabilities. *23rd Australian Association of Brain Impairment Conference*, Melbourne, May.

Bennett-Levy J. (2000) The compelling nature of self-practice and self-reflection in the training of cognitive therapists: Implications for the theory and practice of cognitive therapy. *Australian Association for Cognitive Behaviour Therapy Conference*, Melbourne, April.

Paterson B, **Bennett-Levy J. (2000)** Determinants of help-seeking behaviours in South Australian farmers. *4th National Regional Australia Conference*, Whyalla, April.

INVITED / KEYNOTE ADDRESSES

Bennett-Levy J. Keynote: Do actions speak louder than thoughts? *Reconnexions Conference*, Melbourne, May 2009

Bennett-Levy J. The jigsaw of therapist skills training: How are we going? *AACBT Conference*, Adelaide, September. (2008).

Bennett-Levy J. (2004) Is individual development important for cognitive therapists? Invited paper for supervision roundtable at the *EACBT Conference*, Manchester, July.

COURSE DEVELOPMENT AND TEACHING

Teaching: 2009

Essential Skills for CBT (with Helen Perry). Evidence-based Therapies Training Unit, NRUDRH, Byron Bay, March 23-26, repeated November 9-12

Evidence-based CBT for Depression. Evidence-based Therapies Training Unit, NRUDRH, Byron Bay, May 11-12

Evidence-based CBT for Anxiety (with Helen Perry). Evidence-based Therapies Training Unit, NRUDRH, Byron Bay, May 13-15.

Uniting Head and Heart: The Power of Behavioural Experiments in Cognitive Therapy, *Reconnexions Conference*, Melbourne, May 29.

Creating Desired Futures: Using Imagery in CBT. Evidence-based Therapies Training Unit, NRUDRH, Byron Bay, June 22

Cultivating Self-Esteem: A Compassion-focused CBT Approach. Evidence-based Therapies Training Unit, NRUDRH, Byron Bay, June 23-24

An Introduction to CBT (with Helen Perry and Simon Jakes). Evidence-based Therapies Training Unit, NRUDRH, for North Coast Area Health Service mental health staff, Port Macquarie. July Aug.

CBT Training and Supervision. Gotenburg, August 31.

Adopting a Coherent Framework to Guide the Development of Ourselves, our Supervisees and Our trainees. Copenhagen, August 2.

CBT for Depression. Copenhagen, August 3-4.

CBT Training and Supervision: What should we be training and how should we be doing it? European Association of Cognitive and Behavioural Therapy, Dubrovnik, Croatia, Sept 16