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## The use of cognitive analytic therapy with patients who mismanage their diabetes

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Diabetes is known to be associated with high levels of psychological morbidity which are well documented. These cause problems with diabetes management and subsequent complications of retinopathy, neuropathy and nephropathy. According to Diabetes UK, over a third of patients in poor control are due to psychological difficulties.

Comprehensive psychological treatments, which focus on the way in which people feel, think and act towards their diabetes are therefore required. Cognitive analytic therapy is an integrated psychotherapy developed by Ryle. This approach looks at the underlying reasons why people with diabetes will sabotage their condition despite high levels of input from their physicians and specialist nurses and dieticians and despite deterioration in health and disability.

The presenter will argue that complex problems such as diabetes require complex psychological solutions which should be integrated in to working with the multidisciplinary diabetes team. Actual case studies and the process of psychotherapy will be presented.

### Biography

Jackie Fosbury BA (Hons), MPhil, CQSW, is a qualified supervisor in psychotherapy. He is a UKCP registered psychotherapist and Founder member of Association of Cognitive Analytic Therapy. Currently, he is Medical Psychotherapist (Diabetes Unit), Brighton and Sussex Universities NHS Trust and Psychotherapy Supervisor (complex patients) - Royal Bournemouth Hospital (Diabetes Centre), Queen Victoria Hospital, Horsham). He is recent nominee (September 2013) for the Diabetes People's Award (Quality in Care Diabetes). He is a member of the UK Psychologists in Diabetes Network, Diabetes UK and Association of Cognitive Analytic Therapy. He is the Abstract marker for Psycho-social submissions for Diabetes UK Annual Professional Conference and Invited speaker and workshop trainer for Diabetes UK APC, 2012, 2013, 2014. He has to his credit, 18 articles and 3 Book chapters. He is an expert Lecturer on Sexual Health (Masterclass) in Diabetes and Diabulimia.

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