

COGNITIVE THERAPY SUMMER TRAINING INSTITUTE

CME

June 1, 2, & 3, 2006

Treating psychiatric problems can be challenging but fortunately there are effective psychotherapies that can help. Cognitive therapy is an empirically validated treatment, which has shown itself to be as effective as antidepressant and anti-panic medication in a number of controlled studies conducted worldwide. The Cognitive Behaviour Therapy Unit at the Centre for Addiction and Mental Health is one of the few centres in Canada devoted to CBT treatment and training.

In cognitive therapy, people explore and identify how attitudes, beliefs, expectations and automatic thoughts can produce and maintain unpleasant moods. The first step towards change involves becoming aware of self-defeating thinking styles and behavioural patterns. The next step involves experimenting with new ways of looking at things and/or trying out new patterns of behaviour.

The focus in this short-term treatment is on the here and now. This CBT Summer Institute can be taken alone. It also qualifies as the first part of a *CBT Certificate Program* or as part of the *Primary Mental Health Care Certificate Program* from the University of Toronto. For more information, call Sherene Tay at 416-603-5734.

FACULTY

Zindel Segal, Ph.D., C. Psych. – Dr. Segal is Head of the Cognitive Behaviour Therapy Unit at the Centre for Addiction and Mental Health and is a Founding Fellow of the Academy of Cognitive Therapy. He has an international reputation as an active teacher and trainer in Cognitive Therapy and has led training workshops both locally and as far afield as England, Switzerland and Portugal. Dr. Segal is a Professor in the Departments of Psychiatry and Psychology, University of Toronto.

Mark Lau, Ph.D., C. Psych. – Dr. Lau is a clinical psychologist and Deputy Head of the Cognitive Behaviour Therapy Unit at the Centre for Addiction and Mental Health, an Assistant Professor of Psychiatry at the University of Toronto, and a Founding Fellow of the Academy of Cognitive Therapy. Dr. Lau specializes in the cognitive behavioural treatment of patients with depression and anxiety disorders. Dr. Lau is an active supervisor and workshop leader and has trained Mental Health professionals across Canada and in the United States.

WHO SHOULD ATTEND

Family physicians and mental health professionals with some familiarity with the cognitive model of emotional problems, who want practical training in using cognitive therapy tools.

FORMAT

Presentations will combine a didactic base with experiential exercises, supervised role-plays and videotaped clinical vignettes.

OBJECTIVES

- Learn the basic principles in conducting short-term cognitive therapy for Depression and Panic Disorder
- Learn how to assess patient suitability for CBT
- How to formulate a case from a cognitive perspective
- How to identify and implement specific cognitive interventions for Depression and Panic Disorder

OUR PAST PARTICIPANTS SAY...

"This has been a valuable and enlightening experience!"

"I learned new and exciting ways in which to apply cognitive behavioural skills."

"Excellent presentation! Nicely built upon the foundational knowledge."

Peter Bieling, Ph.D., C. Psych. – Dr. Bieling is a Psychologist and Manager of the Mood and Anxiety program of St. Joseph's Healthcare, Hamilton and an Assistant Professor in the Department of Psychiatry and Behavioural Neurosciences, McMaster University. He is a Founding Fellow in the Academy of Cognitive Therapy and focuses on the area of mood disorders and co-morbidity of mood disorders with other psychiatric syndromes. He has taught CBT around Ontario, in addition to coordinating CBT training for the psychiatry residency program at McMaster.

David Myran, M.D., FRCPC – Dr. Myran is an assistant professor of psychiatry at the University of Toronto, and Psychiatric Consultant to the CBT Unit at CAMH. He teaches extensively, supervises residents consistently, and has co-authored a book on CBT for Irritable Bowel Syndrome.

ORGANIZING COMMITTEE

Zindel V. Segal, Ph.D., C. Psych.

Mark Lau, Ph.D., C. Psych.

Sagar Parikh, MD, FRCPC, Director of CME, CAMH and Associate Professor at the university of Toronto

Samuel Lai, MD, OCFP

Tazyia Lakkotrypis, Education Associate, CAMH

ACCREDITATION

Pending

COURSE LOCATION

Centre for Addiction and Mental Health, Toronto
33 Russell Street, **Room 2029** in the Meeting Centre

FEE AND REGISTRATION

Professional Participant Fee: \$695 CAD.

Full payment must accompany registration.

Mail or fax to: Geneviève Poulin, CME Program

Centre for Addiction and Mental Health

33 Russell Street, Room 2017 Toronto, Ontario M5S 2S1

Tel: 416-535-8501 Ext. 6017 Fax: 416-595-6644

E-mail: cme@camh.net

CANCELLATION AND REFUNDS

A \$50.00 handling fee will be deducted upon cancellation.

Cancellation must be received in writing by **Monday**

May 15, 2006.

AGENDA

DAY ONE – THURSDAY, JUNE 1, 2006

- 08.30 – 09.00 REGISTRATION and COFFEE
- 09.00 – 10.00 What's cognitive about Cognitive Therapy?
- 10.00 – 10.45 Exploring links between moods and thoughts
- 10.45 – 11.00 COFFEE BREAK
- 11.00 – 12.00 Cognitive Case Formulation: A provisional roadmap
- 12.00 – 13.00 LUNCH (provided)
- 13.00 – 14.00 VIDEOTAPE: "Identifying Automatic Thoughts in Depression"
- 14.00 – 15.00 When is a thinking error not a thinking error: Cognitive Distortions and the patient's environment
- 15.00 – 15.15 COFFEE BREAK
- 15.15 – 16.00 ROLE PLAYS: Participants take either the role of therapist or patient in learning how to work with automatic thoughts that are charged with emotion

DAY TWO – FRIDAY, JUNE 2, 2006

- 08.30 – 09.00 COFFEE
- 09.00 – 10.00 VIDEOTAPE: "Evidence based strategies for responding to automatic thoughts and emotions"
- 10.00 – 10.45 Using Thought Records and assigning homework
- 10.45 – 11.00 COFFEE BREAK
- 11.00 – 12.00 ROLE PLAY: Practise in selecting homework tasks that test dysfunctional beliefs
- 12.00 – 13.00 LUNCH (on your own)
- 13.00 – 14.00 Cognitive Model of Panic
- 14.00 – 15.00 Panic Logs and Self-Monitoring
- 15.00 – 15.15 COFFEE BREAK
- 15.15 – 16.00 De-catastrophizing and estimating probabilities

DAY THREE – SATURDAY, JUNE 3, 2006

- 08.30 – 09.00 COFFEE
- 09.00 – 10.00 How to use Symptom Induction Exercises to actively test panicogenic beliefs
- 10.00 – 10.45 A cognitive approach to doing exposure work
- 10.45 – 11.00 COFFEE BREAK
- 11.00 – 12.00 ROLE PLAY: Practise in providing Patients with a rationale for Symptom Induction Exercises
- 12.00 – 13.00 LUNCH (on your own)
- 13.00 – 16.00 Participants will have a choice of attending one of two sessions: Combining Cognitive Therapy and Pharmacotherapy **OR** Cognitive Therapy for Social Anxiety
- (15.00 – 15.15) COFFEE BREAK
- 16.00 – 17.00 Wrap up and Evaluation

Cognitive Therapy Summer Institute 2006 – June 1, 2, & 3, 2006

REGISTRATION FORM

PLEASE PRINT CLEARLY

What is your level of training in this topic? Novice Intermediate Advanced

Ms. Mr. _____ Degree(s): _____
Last Name First Name

Private practice

Organization: _____ Professional Title: _____

Address: _____ City: _____ Province: _____ Postal Code: _____

E-mail: _____

Tel: Bus. (_____) _____ Ext. _____ Fax: (_____) _____

Cheque Cheque Number: _____ (Make cheques payable to **Centre for Addiction & Mental Health**)

VISA MC AMEX Card Number: _____ Expiry Date: _____ / _____

Name on Card: _____ Authorized Signature: _____