

Intermediate Cognitive Therapy Institute 2007

CME

February 1, 2, and 3, 2007

The **Intermediate Cognitive Therapy Institute** is a practical, hands-on program designed to provide in-depth skills training in cognitive therapy through a combination of lectures, video demonstrations, skills modeling, and role-playing practice. The institute is designed as a follow-up to more didactic workshops on the basics of cognitive therapy. The ICT institute is intended for mental health professionals with some familiarity with the cognitive model of emotional problems. **Please include a detailed description of your CBT training with your registration form.** The reading requirement for the institute is *Cognitive Therapy: Basics and Beyond* by JS Beck, PhD. You should read this before attending the institute.

The ICT institute may be taken alone if you have had previous CBT training, but it also qualifies as part of **either the Cognitive Behavioural Therapy Certificate Program or the Primary Mental Health Care Certificate Program** from the University of Toronto. For more information, contact Sherene Tay at (416) 603-5734.

FACULTY

Greg Dubord, MD is the Director of the Toronto Centre for Cognitive Therapy and Lecturer in the Department of Psychiatry at the University of Toronto. He trained under the founder of cognitive therapy, Dr. Aaron T. Beck, and was the first Canadian to be certified by the Beck Institute. Dr. Dubord is the Founding Director of the Intermediate and Advanced Cognitive Therapy Courses at the Centre for Addiction and Mental Health, Co-Director of the U of T CBT Certificate Program, and a Founding Fellow of the Academy of Cognitive Therapy. He facilitates CBT workshops internationally.

Mark Lau, Ph.D., C. Psych. is a Research Scientist at the British Columbia Mental Health & Addiction Services. Formerly, he was a clinical psychologist and Deputy Head of the Cognitive Behaviour Therapy Unit at CAMH and Assistant Professor of Psychiatry at U of T. Dr. Lau is a Founding Fellow of the Academy of Cognitive Therapy and specializes in the cognitive behavioural treatment of patients with depression and anxiety disorders. As an active supervisor and workshop leader, he has trained Mental Health care professionals across Canada and the United States.

WHO SHOULD ATTEND

This institute is intended for health care practitioners who have completed the CAMH Cognitive Therapy Summer Training Institute or equivalent.

FORMAT

Each hour includes highly interactive lectures, with various other techniques throughout the day including skills modelling, role-playing and video demonstrations.

PARTICIPANTS WILL

- ❖ Learn to structure therapy sessions more effectively
- ❖ Learn to develop more accurate cognitive case formulations
- ❖ Improve application of cognitive and behavioural techniques

Drs Dubord & Lau are past recipients of the
University of Toronto, Department of Psychiatry
Excellence in Continuing Mental Health Education Award

