

Advanced CBT Course: *Supervised Applications*

CME

*Eight evening sessions
Starting on April 7, 2008*

The Advanced CBT Course: Supervised Applications 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, role-playing practice and – in particular – the longitudinal supervision of cases drawn from the trainees' own practice. Each session consists of a didactic presentation followed by case supervision. Enrolment is strictly limited to 12 participants. Participants will audiotape their patient sessions and use these tapes for supervision. Please include a detailed description of your CBT training with your registration form. The reading requirement for the course is: **Cognitive Therapy for Challenging Problems, 2005** by JS Beck.

The Advanced CBT Course qualifies as part of the **Cognitive Behavioural Therapy Certificate Program** or the **Primary Mental Health Care Certificate Program** from the University of Toronto. For more info, contact **Lathifa Sykes** at **(416) 603-5734**.

FACULTY

Greg Dubord, M.D. is the Director of the Toronto Center 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.

Neil A. Rector, Ph.D., C.Psych. is a Psychologist and the Director of the Anxiety Disorders Clinic at the Centre for Addiction and Mental Health. He is also an Associate Professor of Psychiatry at the University of Toronto. Dr. Rector is a Founding Fellow of the Academy of Cognitive Therapy and is very active in the research, teaching and practice of cognitive therapy.

WHO SHOULD ATTEND

This course is for mental health practitioners who have completed the Intermediate Cognitive Therapy Course or Institute at the Centre for Addiction and Mental Health (or equivalent).

FORMAT

Each session will feature 30 minutes of didactics, followed by breakout into two small groups for supervision of audiotaped sessions.

PARTICIPANTS WILL

- Learn to develop more accurate cognitive case formulations
- Learn to more effectively apply behavioural and cognitive restructuring techniques
- Learn to make better use of the interpersonal process in therapy

2008**DATE TOPIC**

- April 07** Conceptualizing patients who present challenges
- April 14** Developing and using the therapeutic alliance
- April 21** When therapists have dysfunctional reactions to patients
- April 28** Challenges in setting goals
- May 12** Challenges in solving problems and in homework
- May 26** Challenges in identifying cognitions
- June 09** Challenges in modifying thoughts and images
- June 16** Challenges in modifying assumptions

COURSE LOCATION

Centre for Addiction and Mental Health
33 Russell Street, Toronto, Ontario
(One street north of College, east of Spadina)

TIME

Registration: 18.45 hours

In session: 19.00 to 21.30 hours

NOTE

Due to the interactive training format of this course, registration is **restricted to 12 participants**; reserve early to avoid disappointment.

REGISTRATION FEE

Professional Participant Fee: \$995.00 CAD

FULL PAYMENT MUST ACCOMPANY REGISTRATION FORM.

REGISTRATION INFORMATION

Mail or fax to: Geneviève Poulin, CME Program

Centre for Addiction and Mental Health

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

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

E-mail: cme@camh.net

CANCELLATION AND REFUNDS

A \$50.00 handling fee will be deducted upon cancellation. Refund requests must be received in writing by **March 24th, 2008**

ORGANIZING COMMITTEE

Greg Dubord, MD, Course Director

Neil Rector, Ph.D., C.Psych.

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

Jill Marie Thomas, BSc, MD, CCFP, CCT

Tazyia Lakkotrypis, Education Associate, CAMH

ACCREDITATION

Pending

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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: _____