

CME

CBT for Panic Disorder and Social Phobia

October 5th, 2009

Cognitive Behaviour Therapy (CBT) has been shown to be highly efficacious in the treatment of panic disorder and social phobia and is often recommended as a first-line treatment. In this practical, hands-on workshop, participants will learn about Cognitive Behaviour Therapy for the treatment of panic disorder and social phobia. Through a combination of lectures, role-plays, and video demonstrations, participants will learn how to formulate anxiety disorders using the Cognitive Behaviour Therapy perspective and how to apply key Cognitive Behaviour Therapy strategies such as cognitive restructuring and exposure with their clients.



FACULTY

Kathleen Corcoran, PhD, CPsych - Dr. Corcoran is a Psychologist in the Cognitive Behaviour Therapy Unit at the Centre for Addiction and Mental Health, where she teaches and supervises CBT to graduate students, medical residents, and other mental health providers. Previous to working at CAMH, Dr. Corcoran was a fellow at the Stanford University School of Medicine. Dr. Corcoran focuses on cognitive behavioural treatment of Anxiety and Mood Disorders and has presented CBT workshops to audiences in Toronto, Vancouver, and California. Dr. Corcoran is an Assistant Professor in the Department of Psychiatry at the University of Toronto.

Eilenna Denisoff, PhD, CPsych - Dr. Denisoff is a clinical psychologist and the director of CBT Associates of Toronto where she provides clinical service, as well as teaching and the supervision of CBT. Prior to working at CBT Associates, Dr. Denisoff was at CAMH with the Anxiety Disorders Clinic and at the Psychological Trauma Program where she was the Head of the Treatment Team. Dr. Denisoff has presented numerous CBT workshops at CAMH, throughout Canada and abroad. She is frequently quoted in Canadian media.

WHO SHOULD ATTEND

This course is designed for family physicians and mental health professionals with or without familiarity with CBT, who want practical training in using CBT for the treatment of Panic Disorder and Social Phobia.

FORMAT

This workshop will combine highly interactive lectures with supervised role-plays and videotaped clinical vignettes. Interactivity is central to the role-plays and 30 minutes at the end of the day is devoted to Q & A.

LEARNING OBJECTIVES

- Understand the cognitive, behavioural, and physiological underpinnings of Anxiety Disorders
- Learn to formulate a case from the CBT perspective
- Learn to implement specific cognitive and behavioural strategies for the treatment of panic disorder and social phobia
- Learn how to conduct exposure exercises for clients with panic disorder and social phobia

MONDAY, OCTOBER 5TH, 2009

08.30 - 09.00 Registration
09.00 - 10.00 **Assessment of Anxiety Disorders**
10.00 - 10.45 **Functional vs. Dysfunctional Anxiety**
10.45 - 11:00 Break
11.00 - 12.00 **CBT Model of Anxiety**
12.00 - 13.00 Lunch (on your own)
13.00 - 14.30 **CBT Strategies for the Treatment of Panic Disorder**
14.30 - 14.45 Break
14.45 - 16.00 **CBT Strategies for the Treatment of Social Phobia**
16.00 - 16.30 Discussion, Q & A, Evaluation

LOCATION

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

NOTE

Due to the interactive training format of this course, registration is restricted to 30 participants.

REGISTRATION FEE

Professional Participant Fee: \$195.00 CAD
FULL PAYMENT MUST ACCOMPANY REGISTRATION FORM.

REGISTRATION

Mail this form to: **Geneviève Poulin**, CME Program
Centre for Addiction and Mental Health
33 Russell Street, Room 2017, Toronto, Ontario, M5S 2S1
or fax to: **416-595-6644**

For more information, call Geneviève at:
Tel: 416-535-8501 Ext. 6017; E-mail: cme@camh.net

CANCELLATION AND REFUNDS

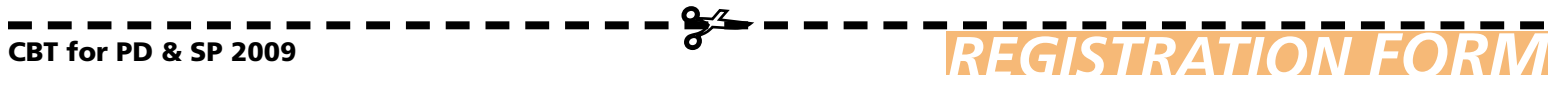
A **\$75.00** administrative fee will be deducted upon cancellation. Refund requests (by fax or email) must be received by: **Sept. 21st, 2009**

ORGANIZING COMMITTEE

Kathleen Corcoran, PhD, CPsych - Course Director, Psychologist in the Cognitive Behaviour Therapy Unit at the CAMH
Sagar Parikh, MD, FRCPC, Director of CME, CAMH and Professor of Psychiatry at the University of Toronto.
Eilenna Denisoff, PhD, CPsych - Clinical Psychologist and Director of CBT Associates of Toronto
Tazyia Lakkotrypiss, Education Associate at CAMH

ACCREDITATION

Pending



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

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