

Cognitive Therapy Summer Training Institute

CME

June 7, 8, & 9, 2007

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, however 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 on the certificate programs, contact **Sherene.Tay@uhn.on.ca** or 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 a field as England, Switzerland and Portugal. Dr. Segal is a Professor in the Departments of Psychiatry and Psychology, at the University of Toronto.

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. He is an Assistant Professor in the Department of Psychiatry and Behavioural Neurosciences, McMaster University. Dr. Bieling 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 in Ontario, in addition to coordinating CBT training for the psychiatry residency program at McMaster.

Randi E. McCabe, Ph.D., C. Psych. ~ Dr. McCabe is an Assistant Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University. She is also Psychologist-in-Chief and Director of the Anxiety Treatment and Research Centre (ATRC) at St. Joseph's Healthcare. Dr. McCabe is a widely respected workshop presenter who teaches actively about cognitive behavioural therapy and the treatment of anxiety disorders and eating disorders.

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. **Interactivity is central to the experiential exercise and role- plays, and a minimum of 30 minutes at the end of each day is devoted to Q & A.**

PARTICIPANTS WILL LEARN:

- The basic principles in conducting short-term cognitive therapy for Depression and Panic Disorder
- 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 Anxiety spectrum Disorders

AGENDA

- ~ **Day 1 Thursday, June 7th**
- 08.30 - 09.00 REGISTRATION and BREAKFAST
09.00 - 10.00 What's cognitive about Cognitive Therapy?
10.00 - 10.45 Exploring links between moods and thoughts
10.45 - 11.00 REFRESHMENT 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 NUTRITION BREAK
15.15 - 16.15 **ROLE PLAY:** Participants take either the role of therapist or patient in learning how to work with automatic thoughts that are charged with emotion
16.15 - 16.45 Discussion, Q & A and evaluation
- ~ **Day 2 Friday, June 8th**
- 08.30 - 09.00 SIGN-IN and BREAKFAST
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 REFRESHMENT 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 Overview of Anxiety Conditions
14.00 - 15.00 Introduction to cognitive and exposure based strategies for anxiety
15.00 - 15.15 NUTRITION BREAK
15.15 - 16.15 Working with anxious thoughts: De-catastrophizing and estimating probabilities
16.15 - 16.45 Discussion, Q & A and evaluation
- ~ **Day 3 Saturday, June 9th**
- 08.30 - 09.00 SIGN-IN and BREAKFAST
09.00 - 10.00 In vivo exposure strategies
10.00 - 10.30 **ROLE PLAY:** Exposure rationale
10.30 - 10.45 REFRESHMENT BREAK
10.45 - 12.00 **ROLE PLAY:** Hierarchy development
12.00 - 13.00 LUNCH (on your own)
13.00 - 13:45 Integrating cognitive therapy and pharmacological treatments
13.45 - 15:00 **EXPERIENTIAL PRACTICE:** Interoceptive exposure
15.00 - 15.15 NUTRITION BREAK
15.15 - 16.15 Sample protocols and integrating protocols into clinical practice
16.15 - 16.45 Discussion, Q & A and evaluation

COURSE LOCATION

Centre for Addiction and Mental Health
Room 2029, 33 Russell Street, Toronto, Ontario
(One street north of College, East of Spadina)

FEE & REGISTRATION

Professional Participant Fee: \$695 CAD.
Full payment must accompany registration.

Fee includes: "Mind Over Mood" book, all refreshment breaks and lunch on the first day only

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 **May 24, 2007**.

ORGANIZING COMMITTEE

Zindel V. Segal, Ph.D., C. Psych, **Course Director**, Head of the Cognitive Behaviour Therapy Unit at the Centre for Addiction and Mental Health
Sagar Parikh, MD, FRCPC, Director of CME, CAMH and Associate Professor at the University of Toronto.
Peter Bieling, Ph.D., C. Psych., Manager of the Mood & Anxiety program at St. Joseph's Healthcare
Samuel Lai, MD, OCFP
Tazyia Lakkotrypis, Education Associate, CAMH

ACCREDITATION

25% Interactivity as per Royal College rules is woven into sessions.

NOTE: Due to the interactive training format of this workshop, registration is usually **restricted to 30 participants**.

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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: _____