

CME

Intermediate Cognitive Therapy Institute

December 8th, 9th & 10th, 2011

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. 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 **Sia Maro** at Toronto Western Hospital. **Tel: 416 603-5734**
Email: sia_maro@uhn.on.ca

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.

Neil A. Rector, PhD, C.Psych., is a Psychologist, Research Scientist and Director of Research in the Department of Psychiatry at Sunnybrook Health Sciences Centre. He is also an Associate Professor of Psychiatry at the U of T. He trained clinically with Aaron T. Beck at the Beck Institute of Cognitive Therapy and has co-authored numerous articles and a recent book with Dr. Beck. He is a Founding Fellow of the Academy of Cognitive Therapy, an editorial board member of several cognitive therapy journals, and a nationally funded investigator in the study of cognitive therapy treatments and mechanisms. In addition to an active cognitive therapy practice, he frequently provides cognitive therapy workshops locally, nationally, and internationally.

WHO SHOULD ATTEND

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

FORMAT

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

LEARNING OBJECTIVES

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

DAY 1 - Thursday, December 8, 2011

08.30 - 09.00 Registration
 09.00 - 10.00 **Introduction**
 10.00 - 10.45 **Goal setting**
 11.00 - 12.00 **Cognitive conceptualization**
 12.00 - 13.00 Lunch (provided)
 13.00 - 14.00 **Structure of the first therapy session**
 14.00 - 15.00 **Structure of session two and beyond**
 15.15 - 15.45 **Role-play**
 15.45 - 16.15 Q & A, Evaluation

DAY 2 - Friday, December 9, 2011

08.30 - 09.00 Sign-in
 09.00 - 10.00 **Identifying automatic thoughts**
 10.00 - 10.45 **Evaluating automatic thoughts**
 11.00 - 12.00 **Responding to automatic thoughts**
 12.00 - 13.00 Lunch (on your own)
 13.00 - 14.00 **Cognitive restructuring techniques**
 14.00 - 15.00 **Role-play**
 15.15 - 15.45 **Behavioural activation**
 15.45 - 16.15 Q & A, Evaluation

DAY 3 - Saturday, December 10, 2011

08.30 - 09.00 Sign-in
 09.00 - 10.00 **Graduated exposure**
 10.00 - 10.45 Homework
 11.00 - 12.00 **Problems in therapy**
 12.00 - 13.00 Lunch (on your own)
 13.00 - 14.00 **Yet more problems in therapy**
 14.00 - 15.00 **Progressing as a cognitive therapist**
 15.15 - 15.45 **Wrap-up**
 15.45 - 16.15 Q & A, Evaluation

LOCATION

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

REGISTRATION FEE

Professional Participant Fee: \$745 CAD
 FULL PAYMENT MUST ACCOMPANY REGISTRATION FORM.

REGISTRATION

Mail this form to: **Janey Haggart**, CME Program
 Centre for Addiction and Mental Health
 33 Russell Street, Room 4006, Toronto, Ontario, M5S 2S1
 or fax to: **416-595-6617**. Please call **416-535-8501**
 Ext. 6021 to confirm receipt of your fax.

For more information, call Janey at:
 Tel: 416-535-8501 Ext. 6021
 E-mail: cme@camh.net

NOTE

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

CANCELLATION AND REFUNDS

A \$75.00 administrative fee will be deducted upon cancellation. Refund requests (by fax or e-mail) must be received by **November 24th, 2011**.
 *Please call 416-535-8501 Ext. 6021 to confirm receipt of your fax.

ORGANIZING COMMITTEE

Greg Dubord, MD, Course Director
Neil A. Rector, Ph.D., C.Psych., Course Director
Sagar V. Parik, MD FRCPC Professor of Psychiatry; University of Toronto
Clement Sun, MD, CCBT, Medical Director, Addiction Centre Toronto
Peter Duffy, MD, CCFP(EM), Kingston, ON

ACCREDITATION

Pending.



ICTI DEC 2011

PLEASE PRINT CLEARLY

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

Private practice _____

Organization: _____ Professional Title: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

E-mail: _____

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

Payment Method:

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

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

Name on Card: _____ Authorized Signature: _____