

Dual Certificate Programs Offered By



The Hincks Dellcrest Centre/
Gail Appel Institute
&
The Counselling Psychology Program,
OISE/University of Toronto



COGNITIVE BEHAVIOR THERAPY TRAINING PROGRAMS

Certificate Program in Cognitive Behavior Therapy
Advanced Certificate in Cognitive Behavior Therapy

www.hincksdellcrest.org/gai-cit

Top 3 reasons to register

- 1** You want to learn about cognitive behavior therapy in a structured setting that focuses on in-depth learning and application.
- 2** You want to learn how to conceptualize client problems so that your interventions are based on a clinical formulation.
- 3** You want to learn cognitive behavioral interventions in a step by step manner, using structured skills practice that break down complex interventions into specific concrete skills.

REGISTER BY MAIL, PHONE, FAX OR E-MAIL:

The Hincks-Dellcrest Centre – Gail Appel Institute, 114 Maitland St., Toronto, ON M4Y 1E1
Telephone: 416-972-1935, x3233 Fax: 416-924-9808
E-mail: Mary Anne Van Rooyen mvanrooyen@hincksdellcrest.org

I WISH TO REGISTER FOR

Certificate Program in CBT

Winter 2012 Series \$740 Spring 2012 Series \$740

Advanced Cognitive Behavior Therapy Program

Spring 2012 \$795

Please keep me on your mailing list. I have read the cancellation policy.

When applying, please include the following information:

Name: _____

Address: _____

Phone: _____ Fax: _____ E-Mail: _____

Please attach a separate sheet with answers to the following questions.

A. Educational Background

Highest Degree Earned, Area, Year, and Institution

B. You are a registered health professional

Profession, Title, Reg. Number, and Organization

C. You are a member of a mental health association

Association and Membership Number

D. You have completed a masters level program in counselling or clinical psychology

Educational Institution, Program and Degree

E. Number of years in clinical practice, employer, institution

CONTINUING EDUCATION CREDITS

Each participant will receive a Certificate of Participation. This certificate course has been approved by the Ontario Psychological Association for 24 hours of continuing education credits for psychologists and psychological associates. In addition, it is an accredited group learning activity (Section 1) as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada

CANCELLATION POLICY

The Institute reserves the right to cancel any program due to under-enrolment, or any session of any program due to work stoppages, instructor illness or inclement weather. If a program is cancelled, the Institute is responsible for refunding only the tuition payment.

METHOD OF PAYMENT

Payment may be made by cheque or credit card (Visa or MasterCard) and must accompany the registration form. Registration by phone, fax or e-mail accepted with credit card payment only. Cheques to be made payable to **Gail Appel Institute**.

I wish to pay by: Cheque Visa Mastercard

Total Fee Enclosed: _____

Card Number: _____ Expiry Date: _____

Name On Card: _____

Signature: _____

I. Certificate Program In Cognitive Behavior Therapy

About the CBT certificate course:

Cognitive behavior therapy has been empirically demonstrated to be effective with a very diverse group of clients. This certificate program is an opportunity to learn CBT in a systematic, structured format from some of Toronto's most well known CBT therapists. Students will learn CBT therapy as it is commonly conceptualized by practitioners such as A. Beck; J. Beck; J. Persons; and C. Padesky among others. The skills learned in the certificate program will be applicable to clients with significant difficulties such as depression, and anxiety, as well as clients who are interested in counseling from a coping or growth perspective.

The certificate program will focus on assisting participants to develop strong conceptual and intervention skills. The training will be a combination of didactic material, live demonstrations, role plays, and structured skills practice. Students will also have an opportunity to observe experienced CBT therapists' work with clients.

Who should attend?

Pre-requisite: This certificate program is open to mental health professionals such as doctors, psychologists, registered nurses, occupational therapists, and those who are members of a regulating body and/or association related to mental health, or have obtained a Masters in social work, psychology, counselling psychology. We reserve the right to screen applicants.

Nina Josefowitz, Ph.D., C. Psych., is a psychologist in private practice and a faculty member in the Counselling Psychology Program at OISE/U of Toronto, where she teaches courses in Cognitive Behavior Therapy, Using Imagery in Psychotherapy, and Counselling Skills.



Dr. Josefowitz was on the Council of the College of Psychologists for 9 years, and President of the College from 2001-2003. She has published in the area of trauma, cognitive behaviour therapy, women's issues and clinical psychology. She is well known for her highly interactive teaching style and role plays where she involves the class in applying concrete interventions.

Winter 2012 Series – 8 weeks

Fridays, 1:15 pm – 4:15 pm January 13 – March 02, 2012

Instructor: Nina Josefowitz

Location: Faculty of Social Work, Room 548, 246 Bloor Street W, Toronto

Spring 2012 Series – 8 weeks

Tuesdays, 5:30 – 8:30pm March 27 – May 15, 2012

Instructor: Lana Stermac

Location: Hincks-Dellcrest Centre – Gail Appel Institute, 114 Maitland Street, Toronto

Fee: \$740. \$100 non-refundable deposit upon acceptance into Program. Balance due one month prior to program commencement. Registration limited.

Participants will learn:

- CBT Case Conceptualization
- Cognitive Interventions
- Behavioral Change Interventions

General Information:

Students will be assigned regular homework each week that includes reading as well as short written exercises. Students will need to purchase Greenberger and Padesky's *Mind Over Mood (Client's Manual)* and Persons et al *Essential Components of Cognitive-Behavior Therapy for Depression*, which will be used throughout the training.

Lana Stermac, Ph.D., C. Psych., is a Professor of Counselling Psychology at OISE, University of Toronto where she teaches courses in a broad range of psychotherapy interventions, including cognitive behaviour therapy, and in research methodology. She is a member of the College of Psychologists and serves as a clinical supervisor for new practitioners. She has published in the areas of posttraumatic mental health and the effects of trauma and violence on learning.



Dr. Stermac was on the Council of the College of Psychologists for 9 years, and President of the College from 2001-2003. She has published in the area of trauma, cognitive behaviour therapy, women's issues and clinical psychology. She is well known for her highly interactive teaching style and role plays where she involves the class in applying concrete interventions.

II. Advanced Certificate In Cognitive Behavior Therapy

About the Advanced Certificate Course:

The objective of this advanced program is to provide an in-depth understanding of the cognitive model that will inform effective treatment decisions and interventions. The course is designed to enhance and expand upon the knowledge and skills gained in the Certificate Program in Cognitive Behavior Therapy. Participants in this program can expect to build upon their current knowledge by increasing their competency in the following areas:

- Developing and applying individualized case conceptualizations
- Employing Socratic dialogue and guided discovery
- Applying cognitive interventions for schema change, e.g., continua, positive data logs
- Designing effective behavioral experiments, e.g., exposure, survey
- Maximizing the therapeutic relationship.

Diana Brecher, Ed.D, C. Psych, is a psychologist and the manager of the Centre for Student Development and Counselling at Ryerson University, where she has worked since 1991. In her role as manager Dr. Brecher provides clinical supervision to her all of the staff (including several psychologists on the temporary register with the College of Psychologists).



Since 1995, she has trained over twenty M.A. and Ph.D. level interns from OISE/UT, Ryerson and York University in CBT. She has a particular interest in working with clients who are experiencing anxiety and depression. Dr. Brecher has taught two courses in the Counselling Psychology program at OISE/UT on a yearly basis since 2000. She coordinates the Ryerson's Crisis Team and is a founding member of Ryerson's Assessment of Behavioural Risk Team. Her teaching style is highly interactive, informal and based on CBT principles.

The curriculum reflects current empirically-supported CBT assessment and treatment interventions. It will be offered by using didactic presentations, videos, and role-plays.

Pre-requisite:

The Hincks-Dellcrest – OISE/UT CBT Certificate Program or a graduate course in CBT with transcript attached.

Spring 2012 Series – 8 weeks Thursdays, 5:30 - 8:30 pm
April 12 May 31, 2012

Location: Hincks-Dellcrest Centre – Gail Appel Institute, 114 Maitland Street, Toronto

Fee: \$795. \$100 non-refundable deposit upon acceptance into Program. Balance due one month prior to program commencement. Registration limited.

Marsha Rothstein EdD, CPsych, is a psychologist in private practice where she provides Cognitive Behavior Therapy with a particular interest in anxiety disorders. She has been on the faculty at OISE/U of Toronto where she taught CBT courses in the Counselling Psychology Program. She is certified as a cognitive therapist by the Academy of Cognitive Therapy in Pennsylvania, an internationally recognized certification body, whose Honorary President is Dr. Aaron T. Beck. Dr. Rothstein has conducted CBT workshops and in-depth training programs for mental health professionals in several Toronto hospitals and community agencies. In her teaching, Dr. Rothstein highlights the relationship between the clinical and empirical research on CBT and the most effective interventions.

