

Cognitive Behavioural Therapy Foundational Skills

Presented by Hester Dunlap Ph.D.

TORONTO

April 3 & 4, 2012

Cognitive-Behavioural Therapy: Foundational Skills

Cognitive Behavioural Therapy (CBT) is a short-term, present focused and evidenced-based treatment that has been found to be effective with a number of applications. CBT is a core component of recommended treatments for trauma-focused therapy.

In this two-day workshop, key features of CBT will be explained and demonstrated so that participants gain an excellent foundation in CBT and are able to apply CBT techniques in their clinical work with adults. Participants will learn specific CBT interventions and the application of these in the treatment for depression and anxiety disorders. Behavioural and cognitive interventions will be described including behavioural activation, cognitive restructuring, and exposure. Practical, step-by-step guidelines on implementing CBT strategies will be covered. Common obstacles and challenges when applying these interventions will also be discussed.

Participants will learn:

- The rationale for a CBT approach and how to present it to clients
- Behavioural interventions
- Cognitive interventions
- Common obstacles and challenges
- Application of CBT for depression and anxiety disorders

Hester Dunlap, Ph.D., is a psychologist and Treatment Team Head at the Work, Stress & Health and Psychological Trauma Program at the Centre for Addiction and Mental Health, and Assistant Professor in the Department of Psychiatry at the University of Toronto. Dr. Dunlap provides cognitive-behavioural therapy to clients with depression and anxiety disorders. She also provides training and supervision to students and interns.



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Hincks-Dellcrest Centre
114 Maitland Street

*Hotel Reservations:
Ramada Hotel and Suites,
300 Jarvis Street
(416) 977-4823

***For special rates mention "Hincks-Dellcrest"**

REGISTRATION

More
Trauma Workshops
www.hincksdellcrest.org/gai-trauma

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Hincks-Dellcrest Centre – Gail Appel Institute, 114 Maitland Street, Toronto, ON M4Y 1E1

TELEPHONE: 416-972-1935 x 3233 **FAX:** 416-924-9808 **E-MAIL:** mvanrooyen@hincksdellcrest.org

REGISTER ON-LINE: www.hincksdellcrest.org/gai-trauma

One form per person. Please print clearly.

Name: _____ Position: _____

Department: _____ Organization: _____

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I wish to be on the mailing list.

**I WISH TO REGISTER FOR:
CBT FOUNDATIONAL SKILLS**

TORONTO April 3 & 4, 2012
Early registration one month prior to seminar \$295
Regular registration \$325

Method of Payment

Payment must 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. Post-dated cheques not acceptable for early registration.

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CANCELLATION POLICY:

An administrative fee of \$40 will be charged for all cancellations. For a refund, notice of cancellation must be received in writing two weeks prior to the workshop date. After that time you may elect to receive a credit which may be applied to a future workshop of the same value used within one year of date of issue. A colleague may be substituted for attendance. No credit or refund will be given if you do not notify us in advance of the workshop date. The Institute reserves the right to cancel a workshop due to under-enrollment, work stoppages, instructor illness or inclement weather. If a workshop is cancelled, the Institute is responsible for refunding only the tuition payment.

GROUP AND STUDENT RATES:

Registration of six or more mailed in the same envelope and students in a university or college program will receive a 10% discount. Copy of student identification must accompany registration.

CONTINUING EDUCATION CREDITS:

Each participant will receive a Certificate of Participation. This may be used to qualify for eligibility for Continuing Education Credits when submitted to your own licensing board and/or professional college/association.

ACCESSIBILITY STANDARDS FOR CUSTOMER SERVICE (AODA) – SUPPORT PERSONS

The Hincks-Dellcrest Centre strives to create barrier free training to all persons and therefore welcomes support persons accompanying persons with disabilities. As per our Operational Procedure Number 8-8-11, any customer attending a training session at the Hincks-Dellcrest Centre will not be asked to pay a fee for the support person accompanying them to the training session.