

Essentials of Cognitive Behavioural Therapy: Level I - Learning CBT

This training seminar is focused on teaching the essentials of cognitive behavioural therapy (CBT) through a series of weekly experiential training sessions. Participants will learn to use the CBT model to conceptualise client problems, individualize and develop collaborative treatment plans, and to use cognitive re-appraisal, behavioural experiments and exposure-based treatment. This training seminar is offered as a series of six weekly sessions and includes experientially-based exercises aimed at reinforcing and practicing core therapy skills. Each session lasts 3 hours.

Agenda

Session 1	<u>Overview of the Main Structure and Components of Cognitive Behavioral Therapy:</u> Review of the Cognitive Therapy Rating Scale. Agenda setting, the development of goals and consideration of process-related variables.
Session 2	<u>Introduction to the CBT Model:</u> Review of disorder-specific models for CBT treatment and core treatment targets across problem areas. Collaborative case conceptualization of client problems using the CBT model. Development of targeted and individualized treatment plans. Using psycho-education to help prepare clients for treatment.
Session 3	<u>Behavioural Activation:</u> Introduction to the rationale and principles of behavioural activation. Description of steps to monitor, review and schedule activation exercises focused on enhancing mastery and pleasure. Linking activation to identified therapy goals.
Session 4	<u>Cognitive Restructuring:</u> Introduction to the rationale and principles of cognitive restructuring and the importance of meta-cognitive thinking. Common cognitive themes in mood and anxiety problems and the use of cognitive reappraisal.
Session 5	<u>Behavioural Experiments:</u> Developing, describing and using experiments to test out negative predictions and gain evidence for more helpful beliefs. Review of behavioural experiments across typical cognitive themes found in mood and anxiety problems.
Session 6	<u>Introduction to Exposure-Based Treatment:</u> Principles of exposure-based treatment and the development of fear hierarchies. Guidelines for implementation.

What Participants Will Learn

1. Theoretical fundamentals and principles of CBT
2. To collaboratively conceptualise client problems
3. Core CBT skills for mood and anxiety problems

Target Audience

All mental health professionals, including psychologists, psychiatrists, family physicians, social workers, occupational therapists, psychotherapists, nurses, and other health professionals who are seeking practical, proven methods to enhance their therapeutic skills.

Registration is limited to 12 participants.

Location

Ottawa Institute of Cognitive Behavioural Therapy, 411 Roosevelt Avenue, Suite 200, Ottawa, ON.

For more information please contact Lisa at (613) 820-9931 x:0 or visit our registration website at <https://excellenceinpractice.simplesignup.ca/en>