

## Essentials of Cognitive Behavioural Therapy: Level II – Implementing CBT

This experiential-based training seminar is focused on practicing the use of core CBT skills and will include facilitator demonstration, role-playing and homework-based assignments to consolidate learning of core CBT skills. Participants will be asked to use the CBT skills reviewed during the seminars to work on their own individual goals and to apply these skills in their work with their clients. Particular CBT skills will include case conceptualisation, cognitive restructuring, behavioural activation and exposure-based treatment. Sessions last 3 hours.

### Agenda

Session 1	<b>CBT Model:</b> Practice with case conceptualization using CBT models for depression and anxiety. Developing and introducing individualized treatment plans in role-plays. Practice providing psycho-education about depression and anxiety within the CBT model.
Session 2	<b>Behavioural Activation:</b> Practice introducing clients to the principles of behavioural monitoring and activation. Demonstration and role-playing focused on preparing clients for treatment, reviewing completed monitoring forms, developing treatment goals and working through obstacles in motivation for change and treatment.
Session 3	<b>Cognitive Evaluation:</b> Practice identifying and labeling unhelpful thoughts and generating alternative responses. Role-playing focused on the use of cognitive strategies to prepare clients for behavioural change, work through ambivalence in treatment and to help increase flexibility in anxiety and depressive thoughts.
Session 4	<b>Behavioural Experiments:</b> Practice developing behavioural experiments across typical themes found in mood and anxiety problems including unrelenting standards, concerns with motivation and activation, self-sacrifice and fears of evaluation. In-session completion of behavioural experiments. Home practice with individual behavioural experiments.
Session 5	<b>Exposure-Based Treatment:</b> Practice introducing exposure-based treatment and describing the main components of treatment. Practice describing the nature of anxiety to clients, the role of avoidance in maintaining anxiety, and exposure as treatment. In-session practice with interoceptive, imaginal and in-vivo exposure. Home practice with individual exposure exercises.
Session 6	<b>Imagery in CBT Treatment:</b> Practice using imagery to aid in the development of treatment goals, rehearse behavioural goals for homework and access resilience for treatment.

### Participants Will Become More Comfortable with:

1. Development of case conceptualization and specific treatment plans
2. Implementation of behavioural and cognitive strategies
3. The use of various types of exposure strategies and imagery

### 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>**