



Winner
of the
Colin Woolf
Award 2007

Cognitive Therapy Summer Training Institute

July 8, 9, & 10, 2010

CME

Treating psychiatric problems can be challenging but fortunately there are effective psychotherapies that can help. Cognitive therapy is an empirically validated treatment, which has shown itself to be as effective as antidepressant and anti-panic medication in a number of controlled studies conducted worldwide. The Cognitive Behaviour Therapy Unit at the Centre for Addiction and Mental Health is one of the few centres in Canada devoted to CBT treatment and training.

In cognitive therapy, people explore and identify how attitudes, beliefs, expectations, and automatic thoughts can produce and maintain unpleasant moods. The first step towards change involves becoming aware of self-defeating thinking styles and behavioural patterns. The next step involves experimenting with new ways of looking at things and/or trying out new patterns of behaviour. The focus in this short-term treatment is on the here and now.

The book, "Mind Over Mood" is included in the registration fee.

This CBT Summer Institute can be taken alone, however it also qualifies as the first part of a **CBT Certificate Program** or as part of the **Primary Mental Health Care Certificate Program** from the University of Toronto. For more information on the certificate programs, contact Sia.Maro@uhn.on.ca or 416-603-5734.

FACULTY

Zindel Segal, Ph.D., C. Psych - Dr. Segal is Head of the Cognitive Behaviour Therapy Unit at the Centre for Addiction and Mental Health and is a Founding Fellow of the Academy of Cognitive Therapy. He has an international reputation as an active teacher and trainer in Cognitive Therapy and has led training workshops both locally and as far afield as England, Switzerland and Portugal. Dr. Segal is the Cameron Wilson Chair in Depression Studies, and a Professor in the Department of Psychiatry at the University of Toronto.

Kathleen Corcoran, Ph.D., C. Psych. - Dr. Corcoran is a Psychologist in the Cognitive Behaviour Therapy Unit at the Centre for Addiction and Mental Health, where she teaches and supervises CBT to graduate students, medical residents, and other mental health providers. Before her time at CAMH, Dr. Corcoran was a fellow at the Stanford University School of Medicine. Dr. Corcoran focuses on cognitive behavioural treatment of anxiety and mood disorders and has presented CBT workshops to audiences in Toronto, Vancouver, and California. Dr. Corcoran is an Assistant Professor in the Department of Psychiatry at the University of Toronto.

Lance Hawley, Ph.D., C. Psych - Dr. Hawley is a Psychologist, working in the Cognitive Behaviour Therapy Unit at the Centre for Addiction and Mental Health. His recent professional experience includes positions with the Oakville Centre for Cognitive Therapy, St. Joseph's Healthcare (Hamilton), and the Royal Victoria Hospital (Montreal). Dr. Hawley has been involved in teaching and providing supervision to graduate students as well as mental health professionals, utilizing a CBT framework for the treatment of anxiety and mood disorders.

WHO SHOULD ATTEND

Family physicians and mental health professionals with some familiarity with the cognitive model of emotional problems, who want practical training in using cognitive therapy tools.

FORMAT

Presentations will combine a didactic base with experiential exercises, supervised role-plays, and videotaped clinical vignettes. **Interactivity is central to the experiential exercise and role-plays, and a minimum of 30 minutes at the end of each day is devoted to Q & A.**

PARTICIPANTS WILL LEARN:

- The basic principles in conducting short-term cognitive therapy for Depression, Panic Disorder and Social Phobia
- How to assess patient suitability for CBT
- How to formulate a case from a cognitive perspective
- How to identify and implement specific cognitive and behavioural interventions for Depression, Panic Disorder, and Social Phobia

AGENDA 2010

Day 1 Thursday, July 8th
08:30-09:00 Registration
09:00-10:00 **What's cognitive about Cognitive Therapy?**
10:00-10:45 **Exploring links between moods and thoughts**
11:00-12:00 **Cognitive case formulation:** A provisional roadmap
12:00-13:00 Lunch (provided on the first day only)
13:00-14:00 **VIDEOTAPE:** "Identifying automatic thoughts in depression"
14:00-15:00 **When is a thinking error not a thinking error:**
Cognitive distortions and the patient's environment
15:15-16:15 **ROLE PLAY:** Participants take either the role of therapist or patient in learning how to work with automatic thoughts that are charged with emotion
16:15-16:45 Discussion, Q & A and evaluation

Day 2 Friday, July 9th
08:30-09:00 Sign-in
09:00-10:00 **VIDEOTAPE:** "Evidence based strategies for responding to automatic thoughts and emotions"
10:00-10:45 **Using thought records and assigning homework**
11:00-12:00 **ROLE PLAY:** Practice in selecting homework tasks that test dysfunctional beliefs
13:00-14:00 **Introduction to cognitive and exposure based strategies for Panic Disorders**
14:00-15:00 **Hierarchy development and exposure strategies for Panic Disorder**
15:15-16:00 **ROLE PLAY:** Interoceptive exposure
16:00-16:15 **Working with anxious thoughts:** De-catastrophizing and estimating probabilities
16:15-16:45 Discussion, Q & A and evaluation

Day 3 Saturday, July 10th
08:30-09:00 Sign-in
09:00-10:00 **Introduction to cognitive and exposure based strategies for Social Phobia**
10:00-10:45 **Hierarchy development and exposure strategies for Social Phobia**
11:00-12:00 **ROLE PLAY:** Social Phobia exposure
13:00-14:00 **Working with anxious thoughts:** Mind-reading and Biased Interpretations of Interpersonal Behaviour
14:00-14:45 **ROLE PLAY:** Cognitive restructuring of anxious thoughts
15:00-16:15 **How it all fits together:** Overview of anxiety protocol
16:15-16:45 Discussion, Q & A and evaluation

Cognitive Therapy Summer Training Institute 2010



REGISTRATION FEE

Professional Participant Fee: \$745.00 CAD
FULL PAYMENT MUST ACCOMPANY REGISTRATION FORM.

REGISTRATION

Mail this form to: **Geneviève Poulin**, CME Program
Centre for Addiction and Mental Health
33 Russell Street, Room 2017, Toronto, Ontario, M5S 2S1
or fax to: **416-595-6644**. Please call **416 535-8501 Ext. 6017** to confirm receipt of your fax.

For more information, call Geneviève at:
Tel: 416-535-8501 Ext. 6017
E-mail: cme@camh.net

NOTE

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

CANCELLATION AND REFUNDS

A \$75.00 administrative fee will be deducted upon cancellation. Refund requests must be received in writing by: **June 24th, 2010**. *Please call 416 535-8501 Ext. 6017 to confirm receipt of your fax.

ORGANIZING COMMITTEE

Zindel V. Segal, Ph.D., C. Psych, Course Director
Sagar Parikh, MD, FRCPC, Director of CME, CAMH and Associate Professor at the University of Toronto.
Kathleen Corcoran, Ph.D., C.Psych
Lance Hawley, Ph.D., C.Psych
Samuel Lai, MD, OCFP
Tazyia Lakkotrypis, Education Associate, CAMH

ACCREDITATION

As per Royal College rules, 25% interactivity is woven into sessions.

LOCATION

Centre for Addiction and Mental Health
33 Russell Street, Toronto, Ontario
(One street north of College, east of Spadina)
Underground Parking Access
(North of College on the east of Spadina)

Our past participants say:
"Most interesting workshop; I am impressed. Thank you"
"Very useful experience; great presenters!"
"Excellent speakers, very knowledgeable, engaging..."

REGISTRATION FORM

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: _____