

PAA

Presents

Title: Beginning & Ending Cognitive Behavioural Therapy

**(Presented by Dr. Deborah Dobson)
Edmonton, Alberta**

INTENDED AUDIENCE:

Graduate students, new and current cognitive behavioural therapy practitioners in mental health disciplines, including psychology, social work, psychiatry, nursing & other allied health practitioners

WORKSHOP DESCRIPTION:

Cognitive behavioural therapy (CBT) has become one of the major models of psychotherapy. As with many models of psychotherapy, however, CBT involves a complex set of conceptual and practical skills, which are integrated to promote optimal client wellness. In this workshop, the essential ingredients of CBT are highlighted and presented in a practical manner, so that attendees can make use of these skills. Many therapists find completing an accurate assessment with attainable goals to be challenging. A good assessment and formulation leads to an effective treatment, however, it can be difficult to come to a graceful and effective end to a course of therapy. We often work in health care or other systems that value efficiency as well as effectiveness and these systems may require short-term evidence based interventions. It is common for practitioners to struggle with how to manage the complexity of the problems we see with the practical realities of systemic or economic constraints.

LEARNING OBJECTIVES:

Participants can expect to learn:

- How to complete an intake assessment for CBT;
- Ways in which to move to plan interventions, create a case formulation & treatment goals;
- Guidelines for decision making about progress of therapy & ending the interventions;
- Practical skills for beginning and ending therapy;
- How to challenge assumptions about treatment;
- How to plan for relapse prevention and treatment follow-up

PROGRAM FORMAT AND SCHEDULE:

The workshop format will include didactic presentation, discussion and audience participation. Where possible and where such data exists, information from the research evidence is integrated into the workshop, and best practices are promoted. In other cases, common conventions and

good practice are cited. The workshop will include suggestions for practice, exercises and video or role presentation. Case examples will also be utilized to promote audience participation. The first half of the day will be spent on beginning therapy while the afternoon will focus upon the ending, follow-up and relapse prevention.

Date: Friday, May 11, 2012

Time: 8:30 a.m. - 4:00 p.m.

**Location: Delta Edmonton South
4404 Gateway Boulevard, Edmonton, AB**

**Rates: \$ 180.00 – PAA Member
 \$ 120.00 – PAA Student Member
 \$ 245.00 – Non-Member**

PRESENTER:

Dr. Dobson received her training at the University of Western Ontario. She is a psychologist with Alberta Health Services—Calgary Zone and an Adjunct Professor with the Department of Psychology, University of Calgary. She has a private practice where she provides assessments and cognitive behavioral therapy for adult clients. She is the Director of Clinical Training for the Calgary Clinical Psychology Residency program and has provided supervision and training to many students learning cognitive behavioural treatments for mental health problems. She has delivered workshops locally, nationally and internationally. She is the Past-President of the board of the Canadian Mental Health Association—Calgary Region and has been the Chair of the Clinical Section for the Canadian Psychological Association (2007-08). She was on the founding Board of the Canadian Association of Cognitive Behavioural Therapies (2010) and continues to serve on the Executive. Professional interests include client access to empirically supported treatments, clinical training, consumer advocacy and cognitive behavioral therapies for mental health concerns.

CONTINUING EDUCATION CREDIT:

The Psychologists' Association of Alberta (PAA) is approved by the Canadian Psychological Association (CPA) to offer Continuing Education (CE) for psychologists. This workshop is offered for six (6.0) hours of CE Credit. Full attendance at the workshop is required to receive Continuing Education Credits. Partial credit will not be awarded, and late arrivals or early departure will preclude awarding of Continuing Education Credits. PAA maintains responsibility for the program.

CANCELLATION AND REFUND POLICY:

Cancellation and refunds may be applied for by writing the PAA office. Cancellations received fourteen (14) days prior to the Continuing Education activity will receive a full refund of the registration fee, less a \$25.00 + gst processing fee. Late cancellations will be considered in the cases of illness or emergency, however, the processing fee will apply. PAA reserves the right to cancel any activity, in which case a full refund of the registration fee will be provided.