

# Advanced CBT Course: Supervised Applications

# CME

**May 14th, 28th,  
June 11th & June 25th, 2011**

The **Advanced CBT Course: Supervised Applications** is a practical, hands-on program designed to provide in-depth skills training in cognitive therapy through a combination of lectures, video demonstrations, skills modeling, role-playing practice and – in particular – the longitudinal supervision of cases drawn from the trainees' own practice. Each session consists of a didactic presentation followed by case supervision. Enrolment is strictly limited to 12 participants. Participants will audiotape their patient sessions and use these tapes for supervision.

Please include a detailed description of your CBT training with your registration form. The reading requirement for the course is: **Cognitive Therapy for Challenging Problems, by JS Beck.**

The Advanced Cognitive Behavioural Therapy Course: *Supervised Applications* qualifies as part of the **Cognitive Behavioural Therapy Certificate Program** or the **Primary Mental Health Care Certificate Program** from the University of Toronto.

For more info on the certificate programs, contact **Sia Maro at Toronto Western Hospital:**  
Tel: (416) 603-5734 or E-mail: [sia.maro@uhn.on.ca](mailto:sia.maro@uhn.on.ca)

## FACULTY

**Greg Dubord, MD**, is the Director of the Toronto Centre for Cognitive Therapy and Lecturer in the Department of Psychiatry at the University of Toronto. He trained under the founder of cognitive therapy, Dr. Aaron T. Beck, and was the first Canadian Fellow of the Beck Institute. Dr. Dubord is the Founding Director of the Intermediate and Advanced Cognitive Therapy courses at the Centre for Addiction and Mental Health, Co-Director of the U of T CBT Certificate Program, and a Founding Fellow of the Academy of Cognitive Therapy. He facilitates CBT workshops internationally.

**Neil A. Rector, Ph.D., C.Psych**, is a Psychologist, Research Scientist and Director of Research in the Department of Psychiatry at Sunnybrook Health Sciences Centre. He is also an Associate Professor of Psychiatry at the U of T. He trained clinically with Aaron T. Beck at the Beck Institute of Cognitive Therapy and has co-authored numerous articles and a recent book with Dr. Beck. He is a Founding Fellow of the Academy of CBT, an editorial board member of several cognitive therapy journals, and a nationally funded investigator in the study of CBT treatments and mechanisms. In addition to an active cognitive therapy practice, he frequently provides CBT workshops locally, nationally, and internationally.

***"Drs. Dubord & Rector are recipients of the 2008-2009 Colin Woolf for Teaching Excellence"***

From the Faculty of Medicine, University of Toronto

## WHO SHOULD ATTEND

This course is for mental health practitioners who have completed the Intermediate Cognitive Therapy Course or Institute at the Centre for Addiction and Mental Health (or equivalent).

## FORMAT

Each session will feature 30 minutes of didactics, followed by breakout into two small groups for supervision of audiotaped sessions.

## LEARNING OBJECTIVES

- Learn to develop more accurate cognitive case formulations
- Learn to more effectively apply behavioural and cognitive restructuring techniques
- Learn to make better use of the interpersonal process in therapy

**DATE TOPIC**

**SATURDAY MAY 14TH**

- Conceptualizing patients who present challenges
- Developing and using the therapeutic alliance
- Q&A, Evaluation

**SATURDAY MAY 28TH**

- ~ When therapists have dysfunctional reactions to patients
- ~ Challenges in setting goals
- ~ Q&A, Evaluation

**SATURDAY JUNE 11TH**

- ~ Challenges in solving problems and in homework
- ~ Challenges in identifying cognitions
- ~ Q&A, Evaluation

**SATURDAY JUNE 25TH**

- ~ Challenges in modifying thoughts and images
- ~ Challenges in modifying assumptions
- ~ Q&A, Evaluation

**TIME**

Registration: 09.15 hours

In session: 09.30 to 12.30 hours

**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 side of Spadina)

**NOTE**

Due to the interactive training format of this course, registration is **restricted to 12 participants**; reserve early to avoid disappointment.

**REGISTRATION FEE**

Professional Participant Fee: **\$695.00 CAD**  
FULL PAYMENT MUST ACCOMPANY REGISTRATION FORM.

**REGISTRATION**

Mail 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](mailto:cme@camh.net)

**CANCELLATION AND REFUNDS**

A **\$75.00** administrative fee will be deducted upon cancellation. Refund requests (by fax or e-mail) must be received by: **April 30th, 2011**

**\*Please call 416 535-8501 Ext. 6017 to confirm receipt of your fax.**

**ORGANIZING COMMITTEE**

**Greg Dubord**, MD, Course Director

**Neil Rector**, Ph.D., C.Psych., Course Director

**Sagar Parikh**, MD, FRCPC, Director of CME, CAMH and Professor of Psychiatry; University of Toronto

**Erin Hanssen**, MSc, MD, CCFP, Toronto Center for Cognitive Therapy

**Jill Marie Thomas**, MD, CCFP, Senior Clinician, Toronto Center for Cognitive Therapy

**ACCREDITATION**

Pending.



Advanced CBT Course: Supervised Applications - 2011

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Ms.  Mr. \_\_\_\_\_ Degree(s): \_\_\_\_\_  
Last Name First Name

Private practice \_\_\_\_\_

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Payment Method:

Cheque Cheque Number: \_\_\_\_\_ (Make cheques payable to Centre for Addiction & Mental Health)

VISA  MC Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_ / \_\_\_\_\_

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