

2014 CATALOG

  
2013 WINNER  
CPD Program Award  
College of Family Physicians of Canada

# Vacation CME

Mainpro-C accredited workshops

16

destinations

up to 18

Mainpro-Cs

up to 25%

earlybird savings

**CBT**  
CANADA  
  
supratentorial medicine

Register online  
[cbit.ca](http://cbit.ca)

## Medical CBT

**Medical CBT** is the adaptation of orthodox cognitive-behavioural therapy for use in traditional medical settings (Dubord, 2010). Medical CBT emphasizes brief, high-impact interventions that “real doctors” (i.e., physicians who are primarily concerned with medical issues) can easily incorporate into their routine appointments.

Medical CBT draws heavily on the orthodox CBT literature, which has been continuously evolving since the 1970s. Many of CBT’s hundreds of randomized clinical trials (RCTs) are of considerable relevance to primary care, addressing such common challenges as diabetes management, generalized anxiety disorder, illness anxiety (“hypochondriasis” until DSM-5), insomnia, major depression, medication non-compliance, obesity, pain management, panic disorder, perfectionism, persistent depressive disorder (formerly “dysthymia”), personality disorders (e.g., borderline), post-traumatic stress disorder, repetitive behaviour disorders (e.g., skin picking), smoking cessation, social anxiety, substance abuse, and suicidality.

Until recently, few of CBT’s helpful techniques were being disseminated to the field of medicine. CBT Canada was founded in 1996 to facilitate this important knowledge transfer.

Nearly 5,000 Canadian family physicians have completed at least one of CBT Canada’s Mainpro-C workshops in medical CBT. The vast majority of participants have reported significantly positive changes in their practice. Furthermore—because physicians are human—many have also reported greater ease in dealing with their own “supratentorial” issues—and sometimes those of family members as well.

## University collaborations

Dr Greg Dubord and CBT Canada faculty have been providing medical CBT workshops for the *College of Family Physicians of Canada* and its provincial chapters since 1997. Over 40 full-day medical CBT workshops have been presented at *Family Medicine Forum* (in the early days it was called the *CFPC Annual Scientific Assembly*).

Alain Pavilanis, MD, President of the *College of Family Physicians of Canada*, invited *CBT Canada* Director Greg Dubord to train family practice faculty at *McGill University* in medical CBT in 2004. In the decade thereafter, *CBT Canada* has conducted in-house trainings for a wide range of academic institutions across Canada.

In the upcoming academic year, CBT Canada is collaborating with the following five Canadian universities to provide medical CBT training to faculty, residents, and/or community physicians: *McGill University*, *Memorial University of Newfoundland*, *Queen’s University*, the *University of Calgary*, the *University of Toronto*. See [www.cbt.ca](http://www.cbt.ca) for details.

## National award winner

The *College of Family Physicians of Canada* sponsors the national *Continuing Professional Development (CPD) Program Award*. This major CFPC award recognizes the best CPD (formerly called “CME”) providers in Canada.

The CFPC’s *National Committee on Continuing Professional Development* (NCCPD) reviews and ranks eligible programs. The award-winning CPD program provides “exceptional learning experiences” as measured by program evaluations completed by participating CFPC members. The award is issued by the CFPC’s *National Honours & Awards Committee*.

The inaugural award recipient (2010) was the *UBC Faculty of Medicine’s Division of Continuing Professional Development*, competing against a field of over fifty nominees. Last year’s recipient was *McMaster University’s Foundation for Medical Practice Education* for their internationally-recognized *Practice Based Small Group* learning system.

In commencing his speech at the national award ceremony in Ottawa on October 7, 2013, Dr Jamie Meuser, CPD Director for the *College of Family Physicians of Canada* noted:

*“One of the important things to point out is that this is a major award in our College.”*

He went on to introduce the CBT Canada teaching team:

*The Medical CBT Training Program... organized and presented by Dr Greg Dubord and his colleagues at CBT Canada... has been a consistent source of high quality Mainpro-C education for CFPC members for many years... and the source of very consistent high quality feedback... These learning opportunities provide practical hands-on training [in a] very important skills area for family practice, for which many of us feel poorly prepared coming out of training... Members went out of their way to express the value [the workshops] added to their practice.*

CBT Canada was a runner-up award recipient in 2011, and is very honoured to have won the *CPD Program Award* for 2013.



Dr Greg Dubord (*CBT Canada*) and Dr Francine Lemire (*Executive Director & CEO of the College of Family Physicians of Canada*) at the October 2013 awards ceremony in Ottawa

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# CBT Tools module

## 12.0 Mainpro-C credits



### CASE STUDIES .....

1. Mary, 35, wants antibiotics yet again—but doesn't need them
2. James, 56, is doing almost nothing to control his diabetes
3. Patricia, 44, insists she's not an alcoholic, despite two blackouts
4. John, 61, wants yet another note for yet more time off work
5. Linda, 36, demands that all tests be repeated to rule out MS
6. Robert, 53, refuses medication for his significant hypertension
7. Jennifer, 16, has started cutting herself when distraught
8. William, 43, has poorly controlled epilepsy but feels safe to drive
9. Elizabeth, 68, still smokes despite many health complications
10. David, 54, is still not exercising despite your best efforts
11. Barbara, 31, wants another questionable pain medication refill
12. Richard, 57, says his naturopath advises against the flu vaccine

### OVERVIEW .....

This workshop is for physicians seeking to integrate CBT's tested tools into their daily work with *general medical patients*.

You will learn the key features of dozens of tools used to change patients' unhealthy beliefs. You will then see step-by-step demonstrations of how to best integrate each tool into completely-routine ten-minute medical appointments. Participants gain familiarity and comfort with the tools through the coaching they receive while practicing in dyads.

Destination options for this module include Scottsdale, Waikiki, Ottawa, Blue Mountain, Whistler, Banff, Las Vegas and onboard a Tahitian cruise. See [www.cbt.ca](http://www.cbt.ca) for further options and earlybird registration offers of up to 25% off.

### LEARNING OBJECTIVES .....

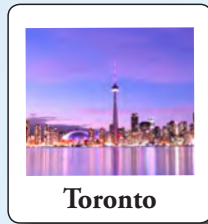
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|--|---|
| 1. Discover the central role of persuasion in medicine       | 6. Recognize and address "empathy addiction"              |
| 2. Gain comfort with the tools best suited for your practice | 7. Learn more effective ways to get the patient "on side" |
| 3. Implement the appropriate tool(s) in a given situation    | 8. Learn to non-negotiably orient patients towards action |
| 4. Use newly acquired tools under direct supervision         | 9. Recognize how to harness complaining for change        |
| 5. Formulate more effective ways to motivate patients        | 10. Learn to overcome many vexing blocks to compliance    |

Supporters of the "CBT Tools" module have included the Alberta College of Family Physicians, British Columbia College of Family Physicians, College of Family Physicians of Canada, Collège québécois des médecins de famille, Homewood Health Centre, Manitoba College of Family Physicians, Maritimes Conjoint Scientific Assembly, McGill University Department of Family Medicine, Ontario College of Family Physicians, Queen's University Department of Family Medicine, Saskatchewan College of Family Physicians, St Paul's Hospital, and the University of Toronto Department of Family & Community Medicine



# CBT for Anxiety module

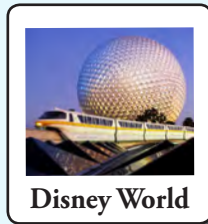
12.0 Mainpro-C credits



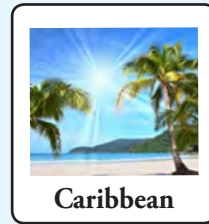
Toronto



Vancouver



Disney World



Caribbean



Whistler

## OVERVIEW .....

Nearly every patient seen in family practice suffers from anxiety to some extent. What tools do you have to help them? Many RCTs have shown CBT on par with drugs, leading influential practice guidelines (e.g., Cochrane) to promote CBT as a first-line treatment for the anxiety disorders.

This highly-practical Mainpro-C works through family practice case studies of GAD, illness anxiety (“hypochondriasis” before DSM-5), OCD, panic disorder, PTSD, and social anxiety. Participants are encouraged to discuss real-life cases, and are shown how to work effective CBT techniques into ten-minute family practice appointments.

Destination options for this module include Toronto, Vancouver, Disney World, on a Caribbean cruise, and in Whistler. See [www.cbt.ca](http://www.cbt.ca) for further options and earlybird registration offers of up to 25% off.

## LEARNING OBJECTIVES .....

1. Identify the new DSM-5 anxiety disorders
2. Pinpoint the key anxiety-causing beliefs
3. Acquire skills to set the most strategic treatment goals
4. Learn highly modular and flexible treatment protocols
5. Discover effective interventions for chronic worry
6. Learn CBT’s acclaimed panic-intervention package
7. Formulate responses to DSM-5’s “illness anxiety”
8. Develop effective ways for overcoming social anxiety
9. Acquire the basic skills needed to treat PTSD
10. Discover simpler & quicker ways to assess progress

Supporters of the “CBT for Anxiety” module have included the Alberta College of Family Physicians, British Columbia College of Family Physicians, College of Family Physicians of Canada, Collège québécois des médecins de famille, Manitoba College of Family Physicians, Ontario College of Family Physicians, Saskatchewan College of Family Physicians, and the University of Toronto Department of Family & Community Medicine



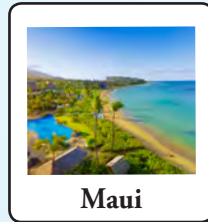
## CASE STUDIES .....

1. Rachel, 27, worries constantly despite her privileged circumstances
2. Charles, 54, remains crippled by PTSD two months post-MVA
3. Susan, 35, is pathologically overprotective of her children
4. Joe, 22, remains very shy, to the growing alarm of his parents
5. Margaret, 14, regularly picks her acne lesions into *staph* infections
6. Thomas, 40, suffers from panic attacks but refuses meds
7. Dorothy, 68, is nearly housebound with her agoraphobia
8. Chris, 12, has been terrified of dogs since kindergarten
9. Susan, 26, is still awakening with nightmares after a sexual assault
10. Daniel, 30, is crippled by his malignant perfectionism
11. Nancy, 73, wants you to order yet more (likely) unnecessary tests
12. Paul, 37, washes his hands 1hr/d (and he isn’t a surgeon)



# CBT for Depression module

Up to 18.0 Mainpro-C credits



## OVERVIEW .....

CBT is recognized as the top non-biological treatment for depression.

This practice-changing Mainpro-C teaches a plethora of ten-minute techniques for helping patients with major depression, persistent depressive disorder (“dysthymia” before DSM-5), and suicidality. Participants learn to integrate medical CBT techniques into their standard family practice appointments (the assumed length is ten minutes), and are encouraged to discuss their most challenging cases.

Destination options for this module include Whistler and Maui, and on Baltics and Asian cruises. See [www.cbt.ca](http://www.cbt.ca) for further options and earlybird registration offers of up to 25% off.

## LEARNING OBJECTIVES .....

- |  |  |
|--|--|
| 1. Identify & avoid depression’s thinking traps        | 6. Learn to help patients delay procrastination          |
| 2. Discover robust techniques to “goalify” complainers | 7. Learn releases from depressive rumination             |
| 3. Acquire the skills to decisively manage indecision  | 8. Discover better ways to help the lonely connect       |
| 4. Learn “maturity coaching” for persistent depression | 9. Practice self-compassion for malignant self-criticism |
| 5. Identify “good enough” treatments for perfectionism | 10. Acquire 25 useful interventions for suicidality      |

.....

*Supporters of the “CBT for Depression” module have included the Alberta College of Family Physicians, BC College of Family Physicians, College of Family Physicians of Canada, Collège québécois des médecins de famille, Manitoba College of Family Physicians, Maritimes Conjoint Scientific Assembly, Ontario College of Family Physicians, Saskatchewan College of Family Physicians, and the University of Toronto Department of Family & Community Medicine*

## CASE STUDIES .....

1. Sandra, 36, blames everyone else for her life situation
2. Mark, 20, is so perfectionistic you fear for his future
3. Betty, 43, is unable to leave her abusive boyfriend
4. Donald, 68, worries you constantly with his suicidality
5. Helen, 79, is a widow and heart-breakingly lonely
6. George, 62, has been dysthymic for over a decade
7. Karen, 31, drains you with her “empathy addiction”
8. Ken, 18, is sabotaging his future with procrastination
9. Donna, 44, is so self-critical it’s making her depressed
10. Steven, 55, constantly asks why but rarely takes action
11. Carol, 49, won’t move beyond her childhood traumas
12. Edward, 60, complains so much that you dread his visits





# The benefits of vacation CME

The prudent choice for busy physicians

☞ **Learn.** The clear consensus of vacation CME participants is that it improves learning *immensely* compared to traditional-format CME. Here are some reasons why: Teaching hours per day are sensible and *humane*; informal interaction with faculty and other colleagues is greatly enhanced; and the depth of processing of new material increases dramatically—due to the many opportunities for self-reflection.

☞ **Connect.** Most physicians come to realize that having a healthy *social* portfolio is as emotionally significant as having healthy finances. But when was the last time you and your loved ones shared an extended and *novel* experience together? Such experiences are vital to nourishing relationships. Fortunately, *vacation CME* provides many splendid opportunities for (re)connecting, including with significant others, extended family, friends, and like-minded colleagues.

☞ **Explore.** What experiences are on *your* bucket list? Have you explored the ancient Italian villages of Cinque Terre? Have you traced the voyages of Captain Cook through the idyllic isles of the South Pacific? Have you experienced firsthand the pulsating energy of modern Asia?

Have you gazed in awe at the works of the Great Masters in the *Louvre* in Paris or the *Hermitage Museum* in St Petersburg? Have you dared to hold a koala or hand-fed a kangaroo? Not yet? Well, life is short. *Carpe diem.*

☞ **Rejuvenation.** How consistently have you found traditional CME rejuvenating? Perhaps not often. In contrast, *vacation CME* participants typically return to their practices more rested, more fit, and better nourished—and with a healthier perspective on life. Doctor, if you're considering healing thyself, then consider *vacation CME*.

☞ **Save.** If you're planning a vacation this year—and odds are your family & friends (and staff & patients) hope you will—then your tax advisor may suggest you consider *vacation CME*. And there may be additional savings as well. For many of our land-based workshops, we offer significantly discounted hotel rates both *before* and *after* the course dates. When you cruise with us, your companion “cruises free”—and others in your party may enjoy substantial discounts. And if you book early, you may receive resort or shipboard credits, along with earlybird tuition reductions of **up to 25%.** **Please join us!**

2013 WINNER  
CPD Program Award  
College of Family Physicians of Canada

Register online  
cft.ca

# Whistler

January 9–11, 2014



## Delta Whistler Village Suites

CBT for Depression | 12.0 Mainpro-Cs | \$895 tuition

**CBT Whistler** will be hosted by the *Delta Whistler Village Suites* from Thursday, January 9 to Saturday, January 11, 2014. Workshop hours are 7:30AM to 9:30AM and 4:00PM until 6:00PM on all three days. The remainder of each day is kept free for you to hit the slopes.

The workshop provides a rock-solid foundation in medical **CBT for depression** and is accredited for 12.0 Mainpro-C credits by the *College of Family Physicians of Canada*. Join our merry group and you'll learn a plethora of ten-minute techniques to help your patients overcome depression *and be happy*. Head instructor Greg Dubord, MD, will be assisted by Mark Sherman, MD and Clement Sun, MD.

☞ **Whistler Resort** is a dream destination for people who love to ski and snowboard. Truly world-class, it is consistently ranked the *Number One* mountain resort in North America.

Showcasing over 8,100 acres of snow-covered slopes (432,000 acres if you heli-ski), 16 alpine bowls, 3 glaciers, and over 200 marked trails, Whistler provides the ultimate big mountain experience for all ability levels. *Après ski*, relax at a slopeside bar and/or soothing spa. Enjoy fine dining at 100 restaurants. And shop for those back home at 200 boutiques.

☞ **Want more?** Check out the terrain and tube parks, ice skating in *Olympic Plaza*, snowshoeing, cross country skiing, sleigh rides, snowmobiling, snowcat tours, helicopter sight-seeing, backcountry adventures, tasting tours, *Ziptrek Eco-tours*, *Lil'wat Cultural Centre*, the *Magic Castle & Tree Fort*, and the *Fire & Ice Show*. Come to Whistler and have the time of your life!

☞ **Exciting news** for the 2013-2014 winter season is the announcement of two new lifts! The \$18 million expansion will open up virgin terrain with a new Blackcomb Crystal high-speed quad, and a new Whistler Harmony high-speed six-pack.

☞ **Delta Whistler Village Suites** will be our home for the workshop. We've negotiated some fantastic rates, including Delta Rooms (\$199<sup>00</sup>), 1bdm suites (\$239<sup>00</sup>) and 2bdm suites (\$329<sup>00</sup>). *All suites include kitchenettes*. Feel free to extend your Whistler vacation by up to six days and the same great rates will apply. Call the Delta Whistler at **888.299.3987** to make your reservation. We sold out early last year, so to avoid disappointment, **reserve today.**





# Scottsdale

January 16–18, 2014



## W Scottsdale

CBT Tools | 12.0 Mainpro-Cs | \$895 tuition

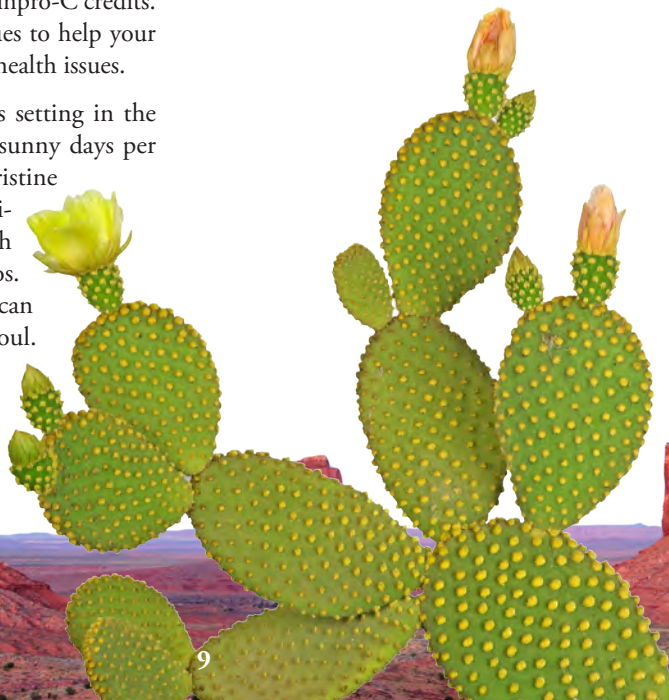
CBT Arizona will be held January 16–18, 2014 at the ultramodern *W Scottsdale* in sunny Arizona. Workshop hours are 8:00AM to 12:15PM, leaving you free all other times to relax, play & explore.

Please join us in Arizona in January for a rock-solid foundation in medical CBT and earn 12.0 Mainpro-C credits. You'll learn a plethora of ten-minute techniques to help your patients overcome a wide spectrum of mental health issues.

☞ **The magic of Scottsdale** begins with its setting in the heart of the lush Sonoran Desert, with 330 sunny days per year. Indigo skies beckon you to explore pristine desert trails, rivers and mountains. Championship golf courses challenge your skills with artful layouts around boulders and saguaros. And local spas tap into ancient Native American healing techniques to soothe your body and soul.

☞ **For a limited time**, get your *Wonderful King* for only \$219.<sup>00</sup> per night. If you wish, extend your stay a few days—reference *CBT Canada* and the same great rates will apply.

Call Bridget at the *W Scottsdale* at **480.970.2109** to reserve your room. Space is limited so **reserve today.**



W  
SCOTTSDALE

Register online  
cbit.ca

# Waikiki

February 17–19, 2014



## Sheraton Waikiki

CBT Tools | 12.0 Mainpro-Cs | \$895 tuition

**CBT Waikiki** will be held Monday, February 17 to Wednesday, February 19, 2014 at the fabulous Sheraton Waikiki. Workshop hours are 8:00AM to 12:15PM on each of the three days, leaving you free afternoons & evenings to explore *and play...* Hawaiian-style!

The workshop provides a rock-solid foundation in medical CBT tools and is accredited for 12.0 Mainpro-C credits. Participants gain a plethora of ten-minute techniques to help patients overcome a wide spectrum of DSM-5 mental health issues.

☞ **Located** on the sunny south shore of the Hawaiian island of Oahu, world-famous Waikiki began as the playground of the native Hawaiian *ali'i* (royalty). Today Waikiki is Oahu's main resort area, and a vibrant gathering place for visitors from around the world. Along the Waikiki Strip you'll enjoy world-class shopping, dining, entertainment—and surfing!

Waikiki is close to major Oahu attractions, including the *Waikiki Aquarium, Diamond Head Crater, Honolulu Zoo, Pearl Harbor, 'Iolani Palace, Foster Botanical Garden, Nu'uuanu Pali Lookout* and the snorkeler's paradise of *Hanauma Bay*. Other must-sees on the Hawaiian island of Oahu include the

*Polynesian Cultural Center, Dole Pineapple Plantation, Byodo-In Temple, and the iconic North Shore surfbreaks of Sunset Beach, Waimea Bay and Banzai Pipeline.*

☞ **The Sheraton Waikiki** is a beachfront resort for the whole family, with the high-end *Spa Khakara*, an adults-only infinity pool overlooking the ocean, and the keiki-friendly *Helumoa Water Playground* (including a 70-foot waterslide).

The resort's intriguing dining options include *Kai Market*, a fresh buffet serving island cuisine from Hawaii's best farms; *Yoshiya*, with a sensational sushi bar, elegant tatami room, and live traditional Japanese music; and *RumFire*, Waikiki's hottest ocean-view bar, with fire-pit patio seating. There are over 1,000 restaurants in Honolulu, including the extraordinary *Nobu*.

☞ **The Sheraton Waikiki** has always been first-class, and it recently completed a \$200 million upgrade. *Mountain View* rates usually begin at well over \$400/night. For a limited time, we're able to offer *Mountain Views* for \$269/night and *Ocean Views* for only \$289/night. To reserve at our group rate, call Pauline at Expedia at 888.739.3117. **Space is limited**



# Maui

March 24–26, 2014



## Sheraton Maui

CBT for Depression | 12.0 Mainpro-Cs | \$895 tuition

CBT Maui will be held at the spectacular *Sheraton Maui* right on Ka'anapali Beach (Lahaina) from March 24–26, 2014. Workshop hours are 8:00AM to 12:15PM on Monday, Tuesday & Wednesday only. You're free all other times to learn why the readers of *Condé Nast Traveler* have voted Maui the *World's Best Island* for an extraordinary *twenty* consecutive years:

- Stroll the enchanting Ka'anapali Beach boardwalk
- Swing at some of the world's tip-top golf courses
- Dine at some of Maui's 500 restaurants
- Learn surfing, the sport of the Hawaiian kings
- Watch the world's top windsurfers at Ho'okipa Beach
- Feel the sunrise from atop 10,023 ft Haleakala
- Discover the arts of Upcountry Maui
- Explore the charming seaside streets of Lahaina Town
- Hold your breath for Peahi's big-wave tow-in surfers
- Drive the spectacular road to Hana
- Watch humpback whales migrating from Alaska
- Relax in the waterfalls of the *Seven Pools of Oheo*
- Join our festive group at a traditional Hawaiian luau
- Hike to the spectacular Iao Needle
- Horseback ride with the local paniolos
- Explore *Maui Ocean Center* (*Zagar's* #1 for families)
- Snorkel with Molokini's *honu* (sea turtles)

☞ **The Sheraton Maui** is the premier location for a dream Hawaiian vacation. The beach is heavenly, with calm seas almost every day. And with 23 acres of lush Hawaiian grounds, you'll never feel crowded. Nearly every room directly faces the ocean, with a private lanai for contemplating the view. Inside, you'll appreciate the aloha of old Hawaiian craftsmanship. And as the sun sets over Black Rock, you'll experience the magic of Polynesia with the torch lighting and cliff diving ceremony.

☞ **Oceanview Rooms** start at just \$295<sup>00</sup> per night (normally over \$600<sup>00</sup>). Call Pauline at Expedia at **888.739.3117** to make your reservations. We sold out early last year so **don't delay.**



# Baltics cruise

May 21–June 2, 2014 (12 nights)

18.0

Mainpro-C  
credits



## Celebrity Constellation

CBT for Depression\* | 18.0 Mainpro-Cs | \$995 earlybird

CBT Canada and CruiseShipCenters are pleased to offer a CME cruise from May 21 to June 2, 2014 aboard the spectacular *Celebrity Constellation* (“Connie”). Our explorations begin in Amsterdam, followed by Berlin (Germany), Stockholm (Sweden), Helsinki (Finland), Saint Petersburg (a.k.a. Leningrad, Russia), Tallinn (Estonia), Copenhagen (Denmark) and we end up back in Amsterdam (Netherlands). We’d be very proud to host you on this great adventure: Our senior faculty did this exact itinerary on this exact same boat in 2011 and absolutely loved it.

☞ **The workshop** is an extended version of the *CBT for Depression* module and is accredited for 18.0 Mainpro-Cs. Join our group and you’ll learn a plethora of ten-minute techniques to help patients overcome depression, pain, and substance abuse. Head instructor Greg Dubord, MD will be assisted by addiction specialists Leo Lanoie, MD and Clement Sun, MD.

☞ **Staterooms** start at \$3,446<sup>00</sup> (including all taxes) and your companion cruises free. Ultra-luxurious *AquaClass* staterooms are from \$6,060<sup>00</sup> (all-in) and will be brand-spanking new.

Earlybirds save \$300<sup>00</sup> on tuition *plus* receive \$100<sup>00</sup> in onboard credits. Book your cruise with Pauline at CruiseShipCenters by calling 888.739.3117.

**Earlybird deadline December 20, 2013.**



2013 WINNER  
CPD Program Award  
College of Family Physicians of Canada

# Ottawa

June 19–20, 2014



## Ottawa Convention Centre

CBT Tools | 12.0 Mainpro-Cs | \$895 tuition

**CBT Ottawa** will be held at the shiny new *Ottawa Convention Centre* Thursday, June 19 and Friday, June 20, 2014. Workshop hours are from 9:00AM to 4:30PM, with a catered lunch from 12:00PM to 1:00PM. The workshop provides a rock-solid foundation in medical CBT tools and is accredited by the *College of Family Physicians of Canada* for 12.0 Mainpro-C credits.

☞ **The beautiful city of Ottawa** is one of Canada's top tourist destinations. Attractions include the *Canadian Parliament Buildings*, *National Arts Center*, *Rideau Canal (UNESCO World Heritage Site)*, *National Gallery of Canada*, *ByWard Market*, *Canada Aviation and Space Museum*, *Museum of Civilization*, *Canadian War Museum*, and *Gatineau Park*.

☞ **Accommodations** nearby include the *Westin Ottawa*, directly attached to the *Ottawa Convention Centre* and adjacent to the *Rideau Centre*. For *Westin* reservations, call **888.627.8528**. Our personal favorite is French-owned *Novotel*, located at 33 Nicholas Street, a five-minute walk from the *Convention Centre*. For *Novotel* reservations, call **855.677.3033**. **Space is limited, so reserve today.**



Register online  
cibt.ca

# Blue Mountain

July 10–12, 2014



## Grand Georgian

CBT Tools | 12.0 Mainpro-Cs | \$895 tuition

Escape the summer heat and come up to Ontario's #1 summer resort. Blue Mountain's *IntraWest* owners spared no expense in creating their top-notch family destination. Workshop hours are Thursday to Saturday from 8:00AM–12:15PM, leaving you & your family free afternoons & evenings to:

- Stroll for hours in the charming alpine village
- Play a challenging round on the acclaimed *Monterra Course*
- Ride the gondola up the Niagara Escarpment—and mountain bike back down
- Horseback ride on winding forest trails
- Explore Blue's summit on a fascinating *Segway* tour
- Get your adrenaline fix on the *Mountain Coaster*
- Relax in the sun at Blue's private Georgian Bay beach
- Join a yoga class *on the docks*
- Take your kids on a scavenger hunt or geo-caching course
- Hunt for countryside antiques
- Explore the kid-friendly *Scenic Caves*
- Treat yourself to a massage at *Le Scandinave Spa*
- Watch a first-run movie on the big screen under the stars
- Enjoy some fine dining in the romantic alpine village

☞ **Grand Georgian.** For our *Fifth Annual Blue Mountain* conference, we'll again be staying at the *Grand Georgian* in the heart of *Blue Mountain Village*. Rates are \$153/night (studio), \$189 (1 bdrm), and \$229 (2 bdrm). The one- and two-bedrooms have full kitchens, and groceries are just ten minutes away in Collingwood. We also have a select number of studio rooms at the *Blue Mountain Inn* for \$119/night. ***These are all excellent values for a first-class summer getaway in Southern Ontario.***

☞ **Call 877.445.0231** to reserve your suite. If you quote *CBT Canada* you can arrive early and/or stay late and the same great rates will apply. **For best selection, reserve today.**



2013 WINNER  
CPD Program Award  
College of Family Physicians of Canada

# Whistler

July 28–30, 2014



Photo: Tourism Whistler



## Delta Whistler Village Suites

CBT Tools | 12.0 Mainpro-Cs | \$895 tuition



**Destination Whistler!** Few places in the world match the adventure of Whistler in the summer. Workshop hours are Monday–Wednesday from 8:00AM–12:15PM, leaving you & your family free afternoons & evenings to explore **Canada's #1 resort destination:**

- Tour the *Canadian Olympic Facilities*
- Pedal for hours on the *Valley Trail*
- Take a sightseeing gondola to a mountaintop lunch
- Golf the top-rated *Nicklaus North & Chateau* courses
- Paddle down the meandering *River of Golden Dreams*
- Take an exhilarating off-road ATV tour
- Sunbathe on the docks of Lost Lake
- Zip-line high above Fitzsimmons Creek
- Armour up and do some serious downhill biking
- Bungee down to the Cheakamus River
- Horseback ride through pine-scented forests
- Take wakeboarding lessons on Green Lake
- Play in Whistler's new high-canopy obstacle course
- Shop 'til you drop
- Forget the world in a spa sanctuary
- Dine at some of Canada's very finest restaurants
- ... and/or dance your heart away

☞ **Delta Whistler Village Suites** will again be our home for the week. The Delta has a heated outdoor pool, three hot tubs, a state-of-the-art fitness centre, and a full-service spa. We've negotiated some fantastic rates, including *Delta Rooms* (\$99<sup>00</sup>), 1bdm suites (\$139<sup>00</sup>) and 2bdm suites (\$189<sup>00</sup>). All suites include kitchens, and it's only a five-minute stroll to a gourmet grocery store in the *Village MarketPlace*.

☞ **Call 888.299.3987** to reserve your suite. Quote *CBT Canada* and you'll qualify for our group's discounted rates—including for up to three days before and after the conference. Please join us at Whistler this summer for a terrific family vacation! **Reserve today.**



Register online  
c**bt.ca**

# Banff

August 11–13, 2014



## Delta Banff Royal Canadian Lodge

CBT Tools | 12.0 Mainpro-Cs | \$895 tuition

**CBT Banff** will be held Monday, August 11 to Wednesday, August 13 at the beautiful *Delta Banff Royal Canadian Lodge*. The workshop provides a rock-solid foundation in medical CBT tools and is accredited for 12.0 Mainpro-C credits. Hours are 8:00AM to 12:15PM, leaving you free during afternoons & evenings to explore the Canadian Rockies:

- Breathe in the pine-scented alpine air
- Listen to babbling brooks—and blissful silence
- Rediscover religion in mountains 250 million years old
- Paddle a bright red canoe into turquoise Lake Louise
- Putt on the greens below iconic Mount Rundle
- Do your own Sulfur Mountain Bruce Test—rewarding yourself with a spectacular view and gondola ride down
- Soak away your worldly worries at *Upper Hot Springs*
- Sip afternoon tea at the majestic *Banff Springs Hotel*
- Window-shop for art, gems, candy, and more on the beautifully reconstructed *Banff Avenue*
- Look for over fifty mammals, including Rocky Mountain goat & bighorn sheep
- Dine at over 100 restaurants, ranging up to 5 stars
- Wrap up with a world-class roadtrip, exploring Columbia Icefield, and Jasper, Kootenay & Yoho National Parks

☞ **Delta Banff Royal Canadian Lodge** is located right in the heart of the famous Rocky Mountain town. The *Delta* is quintessentially Canadian, with a huge Rundle Rock fireplace in the lobby, and classic Canadian artwork throughout.

We're pleased to offer *Premier Rooms* for just \$199/night. They're handsomely appointed with Canadiana furnishings and a gas fireplace, along with your choice of a king-sized bed or two queens. They have oversized bathrooms with granite counters, a full tub, and a separate shower. Your parking (normally \$12/d) and WiFi are both free.

☞ **Call 800.661.1379** to reserve. Quote *CBT Canada* and you'll qualify for our discounted rates for up to three nights before and after the conference. **Space is limited.**





# Toronto

August 22 –23, 2014



## Sheraton Centre Toronto

CBT for Anxiety | 12.0 Mainpro-Cs | \$795 earlybird

**CBT Toronto** will be held at the downtown Sheraton Centre on Friday, August 22 and Saturday, August 23, 2014. Workshop hours are from 9:00AM to 4:30PM, with a catered lunch from 12:00PM to 1:00PM. The workshop provides a rock-solid foundation in medical CBT for anxiety and is accredited by the *College of Family Physicians of Canada* for 12.0 Mainpro-C credits.

☞ **If you're visiting**, you'll find plenty to see and do in Canada's largest city:

- Get thee some culture at the *Art Gallery of Ontario*
- Take dining to a higher level at *CN Tower's 360 Restaurant*
- Window shop in tony Yorkville
- Tour Toronto Island on a bicycle built for four
- Visit dinosaurs at the renovated *Royal Ontario Museum*
- Get your thrills at *Canada's Wonderland*
- Shoot and score at the *Hockey Hall of Fame*
- Get lost in the sights and sounds of Chinatown
- Stroll the famous *Beach Boardwalk*
- Sample fine wines in the *Distillery District*
- Tour the famous *Air Canada Centre*

- Let your spirits soar with the *Toronto Symphony*
- Delight in the delicacies of the *St. Lawrence Market*
- Treat the kids to the lions, tigers & bears (and pandas) at the renowned *Toronto Zoo*
- Treat yourself to some of Canada's finest dining
- Get giddy at a blockbuster musical

☞ **Accommodations** to consider if you're visiting include the reasonably-priced *Sheraton* (888.627.7175), the ultra-modern *Hotel Le Germain* (855.871.7575) and the brand-spanking-new *Trump* (855.888.7867).

Earlybird deadline April 1, 2013

2013 WINNER  
CPD Program Award  
College of Family Physicians of Canada

# Vancouver

September 12–13, 2014



## University of British Columbia

CBT for Anxiety | 12.0 Mainpro-Cs | \$895 tuition



**CBT Vancouver** will be held Friday, September 12 and Saturday, September 13, 2014 at the zen-like Liu Institute in the heart of the verdant *UBC Vancouver* campus. Workshop hours are 9:00AM to 4:30PM both days. A catered lunch is included.

☞ **The workshop** provides a rock-solid foundation in medical CBT for anxiety and is accredited by the College of Family Physicians of Canada for 12.0 Mainpro-C credits. Join us and you'll learn a marvellous set of ten-minute techniques to help your patients overcome worry, panic, and other DSM-5 anxiety disorders.

☞ **UBC Vancouver** might be the world's most beautiful campus. The thousand-acre *University Endowment Lands* are located on Point Grey, a spectacular peninsula jutting out into the Pacific. And it's all just 10km from downtown. Here are some things to explore if you're staying on campus:

- *Morris and Helen Belkin Art Gallery*
- *Chan Centre for the Performing Arts*
- *UBC Museum of Anthropology*
- *Pacific Museum of the Earth*
- *Beaty Biodiversity Museum*
- *Nitobe Memorial Gardens*
- *UBC Botanical Gardens*
- *UBC School of Music*
- *Pacific Spirit Park*
- *Wreck Beach (clothing optional)*

☞ **Campus accommodations** include one of our personal favorites, the *UBC West Coast Suites*. The contemporary one-bedrooms feature luxury linens, a kitchenette, and free & zippy WiFi. The hotel is a very pleasing ten-minute campus stroll from the *Liu Institute* (which overlooks the *Nitobe Japanese Gardens*). *West Coast Suites* are available for \$159.00 per night, but space is very limited. Call **888.822.1030**. **Reserve today.**



# Asian cruise

October 15–28, 2014 (13 nights)

**18.0**  
Mainpro-C  
credits



## Diamond Princess

CBT for Depression\* | 18.0 Mainpro-Cs | \$995 earlybird

CBT Canada & CruiseShipCenters are delighted to offer an Asian CME cruise from aboard the *Diamond Princess*. The workshop is an extended version of the *CBT for Depression* module and is accredited for 18.0 Mainpro-Cs. Join our group and you'll learn a plethora of ten-minute techniques to help patients overcome depression, pain, and substance abuse.

Our exotic adventure begins on October 15th in Tokyo, followed by Osaka, Okinawa, Taipei, Hong Kong, Da Nang, Nha Trang, Ho Chi Minh City, and Singapore. You can:

- Visit the *Imperial Palace*, home of Japan's *Emperor*
- Tour Tokyo's new *SkyTree* (the world's tallest tower)
- Visit the *Tsukiji Fish Market*, and bid for \$1.8M bluefin
- See the whale sharks at Okinawa's *Churaumi Aquarium*
- Sample sushi masterpieces at Kyoto's *Minokou Restaurant*
- Explore Asia's largest zoo in Taipei
- Rocket up the *Taipei 101 Tower* at over 60 kph
- View Hong Kong's famous skyline from *Victoria Peak*
- Wonder at Vietnam's seven-story *Thien Mu Pagoda*
- Swim with the exotic marine life off Nha Trang
- Sip Saigon's longevity-enhancing *snake & scorpion wine*
- Immerse yourself in the future in ultramodern Singapore

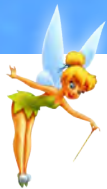
Balcony staterooms start at \$6,448 CDN (includes all taxes, and companion cruises free). Register by January 31, 2014 and you'll save \$300.00 on tuition, your gratuities will be prepaid, and you'll receive a \$100.00 onboard credit. Book your cruise and CME with Pauline at *CruiseShipCenters* at 888.739-3117. **Earlybird deadline January 31, 2014**



Register online  
cibt.ca

# Disney World

December 10–12, 2014



## Grand Floridian Resort & Spa



CBT for Anxiety | 12.0 Mainpro-Cs | \$895 tuition



**CBT Disney World®** will be held in the heart of the world's #1 theme park. Workshop hours are 8:00AM to 12:15PM. You're free every afternoon and evening to join your family in exploring—and to delight in the joy on your children's faces!

- Immerse yourself in Disney's world-class rides, like *Kilimanjaro Safari®*, *Buzz Lightyear®*, *Haunted Mansion®*, *Splash Mountain®*, *Pirates of the Caribbean®*, and *Soarin'®*
- Visit 11 countries at the billion-dollar *Epcot Center®*
- Cool down at the *Typhoon Lagoon®* waterpark
- Loosen up your swing at five Disney World® golf courses
- Enjoy a few parents' days and nights out—thanks to Disney's *Children's Activity Centers®*

### ☞ Explore nearby

- Learn about our friends the fish at *SeaWorld*
- Learn a spell for the worried-well at the new \$200M *Wizarding World of Harry Potter®*
- Test your teen's vestibular system on Universal Studio's *Incredible Hulk®* roller coaster
- Walk beneath a moon rocket at *Kennedy Space Center*
- Swim with dolphins & stingrays at *Discovery Cove*
- Do world-class shopping at the *Mall at Millenia*

☞ **The Grand Floridian Resort & Spa** is the flagship hotel of Disney World®. The magnificent red-gabled complex sits along the white-sand shores of Seven Seas Lagoon right in the heart of the theme park. The *Magic Kingdom®* is just minutes away by Disney monorail or boat (both complimentary).

Explore the resort gardens, landscaped with palms and bougainvillea. Soak, splash and slide in the resort swimming pools. Make some vitamin D on the white sandy beach. Hit the clay courts for a set or two. Hop on a four-seated surrey and pedal along the waterfront. Jog the scenic mile to Disney's *Polynesian Resort*. Work out at the state-of-the-art health club. Treat yourself to a long massage at the resort's spa. Freshen up in your stately Victorian guestroom. Dine at any of six on-site restaurants. Wonder at the fireworks above *Cinderella Castle®*.

☞ **The Grand Floridian** is *Disney World's* very finest, and guestrooms during our dates normally start at \$665/night. However, if you mention *CBT Canada*, you'll qualify for our \$219/night group rate. Call Disney direct at **407.824.1383**.

Book whatever travel arrangements move you (plane, train, or automobile), it's all good. If you're looking for a package, try Pauline at Expedia at **888.739.3117**. She'll treat you right. **Reserve today**

# Caribbean cruise

December 13–20, 2014 (7 nights)



## Disney Cruise Line® “Fantasy”

CBT for Anxiety | 12.0 Mainpro-Cs | \$895 tuition

Disney CRUISE LINE

CBT Canada & CruiseShipCenters are delighted to offer a CME cruise onboard the pristine *Disney Fantasy*. The *Fantasy* is a brand-new ship from an extraordinary cruise line.

☞ *The Disney Fantasy* is absolutely state-of-the-art, with Disney’s legendary attention to detail. Delightfully themed venues—including youth clubs, restaurants, nightclubs and theatre spaces—take guests of all ages to faraway places. Elegance & sophistication mingle with storytelling & whimsy. Memory melds with magic throughout the ship.

☞ **Escape with your family** to an age of adventure and wonder! Our journey begins in sunny Port Canaveral, with delightful visits to Castaway Cay, Grand Cayman, Costa Maya, and Cozumel. You’ll return home with many family memories, and that infectious *joie de vivre* that only Disney can provide.

☞ **Disney Cruise Line** has become one of the top in the world by catering specifically to the needs of families. In 2012, *Travel+Leisure* gave *Disney Cruise Line* an incredible **97% rating for families**. The nearest competitor (*Royal Caribbean*) came a distant second at 82%. And in 2013, the readers of *Condé Nast Traveler* ranked *Disney Cruise Line* the **#1 Large-Ship Line in the World**.

☞ **The shiny new *Disney Fantasy***—packed with novel features like the 765-foot *AquaDuck* “watercoaster”—is selling out extremely fast. Deluxe oceanview staterooms start at just \$2,926<sup>24</sup> (while supplies last). All taxes are included and **companion cruises free**. To join our group, call Pauline at CruiseShipCenters at **888.739.3117**. **Reserve today**

2013 WINNER  
CPD Program Award  
College of Family Physicians of Canada

# Las Vegas

January 16–17, 2015



## Bellagio Las Vegas

CBT Tools | 12.0 Mainpro-Cs | \$895 tuition

CBT Las Vegas will be held at the famous *Bellagio* in the very heart of *The Strip*. Arrive a few days before the workshop and/or stay a few days after, and explore all Las Vegas has to offer:

- Explore *The Strip's* mind-blowing architecture
- Catch some of Cirque du Soleil's *eight* Las Vegas shows
- Fill your spare suitcase at the *Fashion Show Mall*
- Get pampered in the 65,000 sq ft *Las Vegas Spa*
- Dress like James Bond and/or like a *Bond Girl*, and glide into a baccarat room like you own the place
- Dine at Bellagio's *Picasso*, winner of two *Michelin Stars*
- Dance into a trance at *XS*, the new \$100 million nightclub
- Join Greg for a ~1000 ft SkyJump from the *Stratosphere*
- Walk through *Shark Reef* at *Mandalay Bay*
- Catch magician David Copperfield flying overhead
- Rope up at *Red Rocks*, and climb *Black Dagger*
- Gaze in wonder at Dale Chihuly's 2,000 hand-blown glass flowers on the *Bellagio's* lobby ceiling
- Blowdry your hair at *Vegas Indoor Skydiving*
- Shame your credit card at the gorgeous new *Crystal Mall*
- Learn and/or teach at the new *Erotic Heritage Museum*
- Lounge in one of the *Bellagio's* five pools and store up some vitamin D<sub>3</sub> for the long Canadian winter

☞ *The Bellagio* is arguably the most iconic resort in Las Vegas. The luxurious complex is renowned for the *Fountains of Bellagio*, submerged under an 8-acre lake. The gigantic nighttime water show is exquisitely synchronized to music and is truly mesmerizing.

*The Bellagio* has won the prestigious *AAA Five Diamond Award* every year for over a decade. *Travel Weekly* rates it the *Best Hotel* in Las Vegas. And the users of *TripAdvisor* rank its fountains the #1 American landmark in 2013 (so much for the nearby Grand Canyon).

*The Bellagio's* shops include a variety of places you hope your spouse won't frequent, including *Bottega Veneta*, *Breguet*, *Chanel*, *Dior*, *Fendi*, *Fred Leighton* and *Giorgio*.

☞ **But hear ye!** We made a successful "peasants' petition" for our group, and have secured *Deluxe Rooms* for \$225.<sup>00</sup> per night. Call **888.987.6667** and reserve today!

**Space is limited—reserve today!**



# French Polynesia

February 16–26, 2015 (10 nights)



## Tahitian Princess

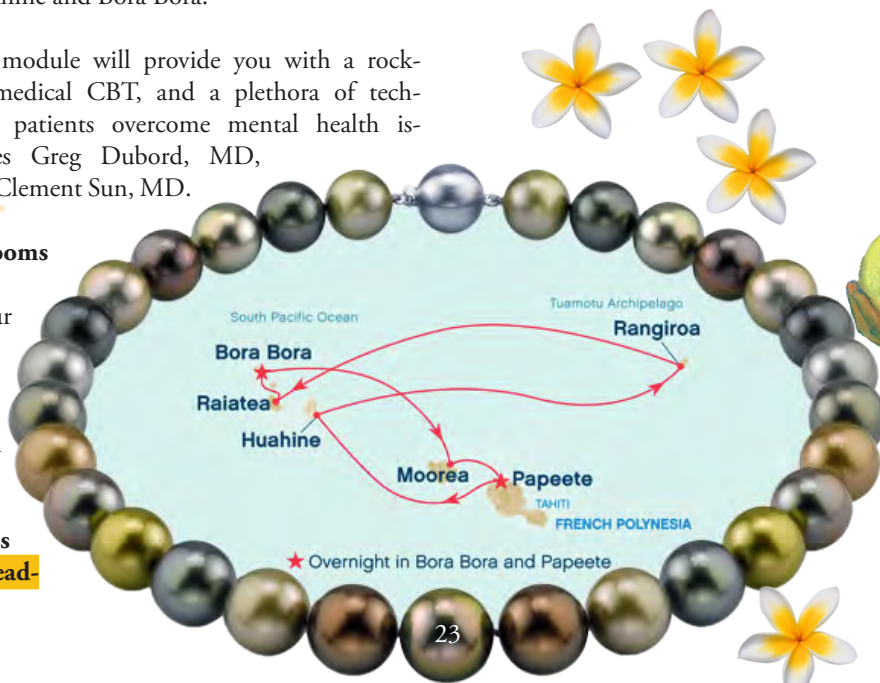
CBT Tools | 12.0 Mainpro-Cs | \$695 earlybird

**CBT Tahiti** will be hosted February 16–26, 2015 aboard the spectacular *Ocean Princess*. Please join us for an extraordinary South Pacific adventure! You'll be completely enchanted as we explore the exotic French Polynesian islands of Tahiti, Rangiroa, Mo'orea, Ra'iatea, Huahine and Bora Bora.

**DISCLAIMER.** Captain Bligh's crew mutinied in Tahiti for a simple reason: *they didn't want to leave.* Odds are you won't want to leave either. *Pack appropriately.*

☞ **The CBT Tools** module will provide you with a rock-solid foundation in medical CBT, and a plethora of techniques to help your patients overcome mental health issues. Faculty includes Greg Dubord, MD, Peter Duffy, MD, and Clement Sun, MD.

☞ **Oceanview staterooms** start at \$4,628 CDN (incl. all taxes) and your companion cruises free. Inside cabins start at \$4,018 and balcony suites are from \$5,518. Book your cruise with Pauline at 888.739.3117. **Space is limited. Earlybird deadline December 24**



*Woman Holding a Fruit (1893)*  
Hermitage Museum, Saint Petersburg

Register online  
[cbt.ca](http://cbt.ca)



## Certificate Program

CBT Canada offers a *Certificate Program* in medical CBT.

About 1/3<sup>rd</sup> of primary care appointments are primarily psychiatric, and most other visits require some psychology to optimize outcomes. Unfortunately, few of today's primary care physicians had access to adequate CBT training in their medical school years.

In April 1999, in preparation for the first Mainpro-C workshop on medical CBT, for what was then called the College of Family Physicians of Canada *Annual Scientific Assembly* (now known as *Family Medicine Forum*), CBT Canada unwittingly began the country's largest ongoing behavioural medicine educational needs assessment. Over the years since then, CBT Canada faculty have spent hundreds of days in small group dialogues while conducting workshops with family physicians coast-to-coast. In addition, faculty have analyzed attendees' pre-workshop needs assessments, post-workshop evaluations, and post-post-workshop self-reflection exercises—over 10,000 physician-created documents in total.

The explicit and tacit understandings obtained from this 15 year study have enabled CBT Canada to create workshops highly customized for the needs of Canadian family physicians. This knowledge has been further operationalized in the *Medical CBT Certificate Program*.

## Benefits

Physicians who complete the *Medical CBT Certificate Program* have the satisfaction that comes from providing significantly more evidence-based psychological care than treatment as usual. Although their patients do not receive the "ideal" of orthodox CBT, they benefit from significantly better treatment than those provided by less organized psychosocial interventions. Most alumni report a significant reduction in the stress of treating patients with psychological issues, and improved clinical outcomes across a wide range of disorders.

## Requirements

1. Completion of 12.0 hour versions of the three core medical CBT workshops of *CBT for Anxiety*, *CBT for Depression*, and *CBT Tools* (i.e., traditional medical applications) within a five-year period
2. A minimum 85% grade on an online multiple choice examination (fifty questions)
3. A \$195<sup>00</sup> (+ HST) administrative fee

## Limitations

Completion of the *Medical CBT Certificate Program* is not irrefutable proof of competence. Despite everyone's best intentions, some program graduates may go on to use the tools poorly.

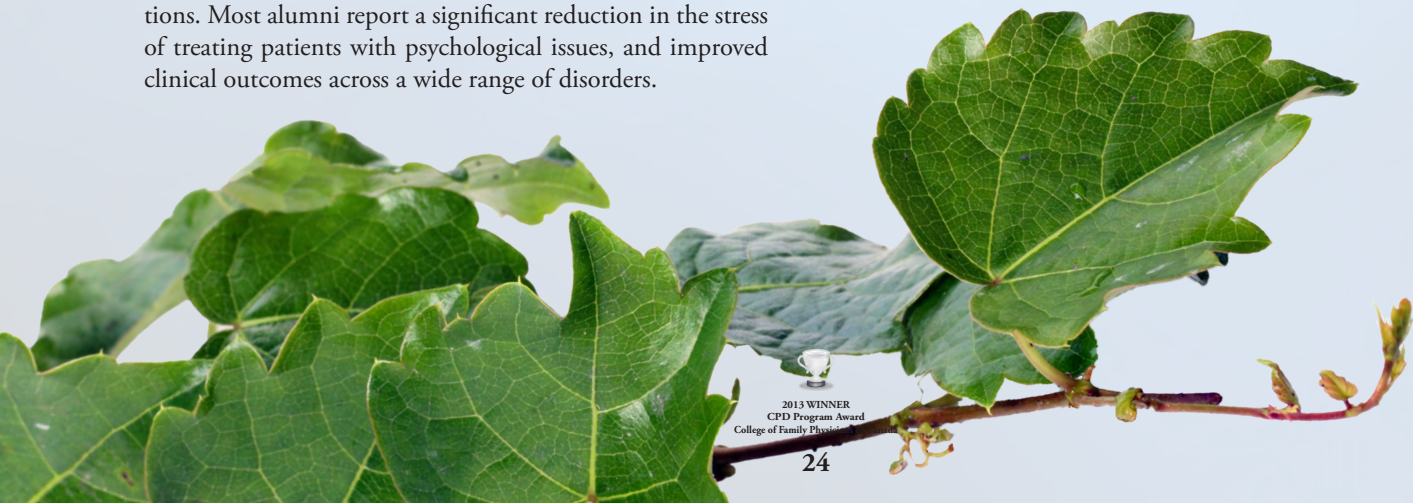
But as Voltaire said, "*Le mieux est l'ennemi du bien*" (the perfect is the enemy of the good). CBT's dissemination has progressed unacceptably slowly within the Canadian medical profession. The *Certificate Program* is a significant step in the right direction.

## Application

All CBT Canada alumni are invited to write the examination upon successfully completing their final 12.0 hour workshop module. Eligible physicians must complete their examination within the subsequent 90 day period. See [www.cbt.ca](http://www.cbt.ca) for further details.

*Greg Dubord, MD, Director*

*Peter Duffly, MD, Assistant Director*





## Senior faculty



Peter Duffy, MD, CCFP(EM)  
Kingston, ON



Christine Uchida, MSW, CCT  
Oakville, ON



Clement Sun, MD, CCBT  
Toronto, ON

## Program director

**Greg Dubord, MD** is an Assistant Professor of Psychiatry at the University of Toronto, and the CPD Director of CBT Canada. He is the leading advocate of medical CBT—the integration of cognitive behavior therapy’s tested techniques into normal primary care appointments.

Greg has given over 300 full-day CBT workshops. His teaching has been supported by a wide variety of institutions, including over forty times by the College of Family Physicians of Canada at their annual *Family Medicine Forum*. He is a recipient of the University of Toronto Department of Psychiatry’s *Continuing Mental Health Education Award* and the *CME Teacher of the Year Award* from the University of Toronto’s *Faculty of Medicine*.

Dr. Dubord completed his orthodox CBT training under its founder, Dr. Aaron T Beck, and was the first Canadian Fellow of the *Beck Institute*. In the late 1990s, the *Clarke Institute of Psychiatry* (now CAMH) recruited Greg to establish the *Intermediate* and *Advanced CBT Institutes* for the training of full-time cognitive therapists. Dr. Dubord has led both courses for over a decade, and he directs their encompassing University of Toronto Department of Psychiatry *CBT Certificate Program*.

When he’s not advocating for medical CBT, Greg’s passions include mountain biking, sea kayaking, and alpine skiing—but most importantly, being the best husband and dad he can be.



supratentorial medicine



2013 WINNER  
CPD Program Award  
College of Family Physicians of Canada

## Assistant faculty

Tuhin Bakshi, MD, FCFP  
Wetaskiwin, AB

Jeffrey Eppler, MD, FRCPC  
Kelowna, BC

Leo Lanoie, MD, FCFP, DABAM  
Prince Albert, SK

Rosanna Lima, MD, PhD  
Vancouver, BC

Julie Lipcsei, MD, CCFP, CCT  
Toronto, ON

Christine McGeachy, MSN, NP  
Barrie, ON

Ainslie Mihalchuk, MD, CCFP  
Winnipeg, MB

Hima Murty, MD, CCFP  
Ottawa, ON

Ivan Ratnayake, MBBS, MRCP, FRCS  
Epsom, UK

Cathy Scrimshaw, MD, FCFP  
Pincher Creek, AB

Mark Sherman, MD, CCFP  
Victoria, BC

Joyce Tsang, MD, CCFP  
Vancouver, BC

## TESTIMONIALS

### Alberta

Raymond Allen, MD of Lethbridge, AB wrote, “The best CME experience in 25yrs of clinical medicine... will change the way I practice for sure”

Shoshauna Guilfoyle, MD of Calgary, AB wrote, “The most useful & practical workshop/conference I’ve ever attended! Definitely recommended. This is not a workshop to be missed!”

Justin Marillier, MD of Slave Lake, AB wrote, “One of the best workshops I have attended... no, actually THE best!”

Sanjeev Bhatla, MD of Calgary, AB wrote, “Skills required at EVERY patient encounter”

Barbara Wood, MD of Edmonton, AB wrote, “Very practical, useful, down to earth, and fun”

### British Columbia

Julian Fung, MD of Vancouver, BC wrote, “Much more engaging than other CME... will really use it on a daily basis... I learned so much!”

Kelvin Houghton, MD of Nanaimo, BC wrote, “THE BEST... Must attend!”

Rose Lenser, MD of Victoria, BC wrote, “Very practical. The skills I learned can be immediately applied in my daily practice. I wish I’d learned these tools years ago.”

Jannemé Frouws, MD of Kaslo, BC wrote, “Highly recommended. Actually, I think it should be compulsory.”

Mark Lawrie, MD of Penticton, BC wrote, “Fantastic... the most practical workshop I’ve taken for my medical practice, family & marriage, and personally”

### Manitoba

Karen Appel, MD of Winnipeg, MB wrote, “To-the-point... super-practical”

Michael Loudon, MD of Teulon, MB wrote, “One of the better workshops I have attended... it really is worth doing”

Elizabeth Benade, MD of Brandon, MB wrote, “Incredibly enjoyable and extremely informative”

Monika Czarnecka, MD, PhD of Winnipeg, MB wrote, “It will make my work easier and more positive. Recommended 10/10.”

Christina Raimondi, MD of Winnipeg, MB wrote, “Absolutely recommended. Should be taken by EVERY family doctor. Needs to be integrated into residency training.”

### New Brunswick

Marie Andrée Arsenault, MD of Bathurst, NB wrote, “Good, practical, realistic, non-time-consuming tips”

Stan Reddy, MD of Bathurst, NB wrote, “Very current and excellent expertise. This is an excellent, practical course which you can apply in day-to-day office practice.”

Sue Tatemichi, MD of Fredericton, NB wrote, “I liked it all of it... organization, presentations, answering of questions, exercises, etc... no clue how it could be made better... extremely highly recommended!”

Luan Le, MD of Saint John, NB wrote, “Entertaining & informative... very applicable”

Paula Carmichael, MD of Hanwell, NB wrote, “Excellent”

Corey Burton, MD of St George, NB wrote, “This is the best CME I’ve attended! Absolutely recommended.”

### Newfoundland and Labrador

Sepideh Nafisi, MD of St John’s, NL wrote, “A really practical area we really need to be trained in to be ready to deal with day-to-day practice”

John Janes, MD of Mount Pearl, NL wrote, “Very practical for daily practice”

Pinos Mpiana, MD of Paradise, NL wrote, “Very good information made simple”

Roxanne Cooper, MD of St John’s, NL wrote, “Without a doubt this is the most essential skill which is not officially addressed in medical training. This skill is used in EVERY clinical scenario and the absence of skill in this area leads to deficiencies for the patient, clinician and the community system. Should be mandatory part of training and Mainpro.”

### Nova Scotia

Paul Murphy MD of Sydney, NS wrote, “Best ever psychiatric CME I’ve taken”

Janet MacNaughton, MD of Wolfville, NS wrote, “Very useful... essential training for general practice”

Lely Abud MD of Mahone Bay, NS wrote, “More practical than other psychiatric CME”

Wayne Phillips, MD of Wolfville, NS wrote, “Very relevant & practical. One of the most helpful programs in mental health CME, ever! Highly recommended.”

Carlos Rubio-Reyes, MD of Amherst, NS wrote, “Well organized... very highly recommended”



## Ontario

Michael Stephenson, MD of Toronto, ON wrote, “Very accessible & very informative...no question it’s recommended”

William Buckton, MD of Point Edward, ON wrote, “The best medical course I have ever attended...good for my practice and daily life as well”

Margaret Glassco, MD of Amherstview, ON wrote, “One of the most enjoyable and rewarding workshops ever!”

Leanne Thomson, MD of Kincardine, ON wrote, “Excellent... useful in ALL aspects of medicine”

Kim Ferguson, MD of Port Perry, ON wrote, “Recommended? YES YES YES YES 10/10”

James Hollingworth, MD of Goderich, ON wrote, “A lot of fun. It will be just as helpful in my personal journey as in my practice... above the 95th percentile!”

## Prince Edward Island

Jennifer Zelin, MD of Charlottetown, PEI wrote, “Great CME... an excellent learning experience. I can’t think of anything that would improve it. I would love to attend other future medical CBT workshops.”

Christine MacNearn, MD of Kensington, PEI wrote, “Very inspirational sessions... my new CBT skills have made me a more convincing clinician”

Syed Naqvi, MD of Alberton, PEI wrote, “Improved my understanding of psych... helps MDs beyond CME needs too”

Peter Hooley, MD of Stratford, PEI wrote, “I have some new, specific strategies for dealing with a range of very challenging patient presentations... a superb CME experience! Highly recommended to all other family physicians.”

## Québec

Magdalena Orzeszyna, MD of Montréal, QC wrote, “Fascinating! Elements VERY useful in ANY medical practice”

Thomas Tulandi, MD of Rosemère, QC wrote, “Excellent way of presenting material... I dislike psych, but this opened my mind +++”

Thien Hung Mac, MD of Montréal, QC wrote, “This is essential for family practice... I see medical CBT as primordial to at least family medicine residency...”

André Bonneau, MD of Laval, QC wrote, “What I learned was much more relevant and applicable in primary care than what I learned in university”

Réjean Lebel, MD of Palmarolle, QC wrote, “Medical CBT training should be compulsory”

## Saskatchewan

Stan Oleksinski, MD of Prince Albert, SK wrote, “I enjoyed this course immensely. It’s one of the best courses I’ve attended. I highly recommend this for all family physicians, and it should be mandatory for medical students and residents.”

Karen Weese, MD of Saskatoon, SK wrote, “Constant application to primary care and WHAT WORKS... I learned a ton... fantastic... highly recommended!”

Nerine Kleinhans, MD of Kindersley, SK wrote, “For the first time I feel comfortable with CBT. I honestly don’t know how I survived family practice before.”

Afnan Bibi, MD of Regina, SK wrote, “Drastically different from other CME... very effective... certainly recommended”

Anne Kavulu, MD of Regina, SK wrote, “Very practical... this seminar will change your practice!”

## Territories

Kathryn Brown, MD of Whitehorse, YT wrote, “I’ve done good & bad CME—this ranks with the best”

Katherine Kohle, MD of Yellowknife, NT wrote, “Extremely practical. For most points I could think of at least one patient for whom it could be immediately applicable.”

Katie Bellefontaine, MD of Iquluit, NU wrote, “Excellent workshop. Faculty have an excellent understanding of the research as well as ++ experience. Kept me feeling energized.”

Sunshine Giesbrecht, MD of Whitehorse, YT wrote, “Practical tools delivered concisely & effectively with humour... if you’re considering taking the workshop, just do it”

Kami Kandola MD of Yellowknife, NT wrote, “Practical points that are readily adaptable... definitely worth the time”

## United States

Liane Bacal of Palo Alto, CA wrote, “10/10 ... more practical than other psychiatric CME I’ve taken... very useful!”

David Reitman, MD of Washington, DC wrote, “Excellent... very appropriate & applicable to working with teens (my patients)... definitely recommended!”

Victoria Mead, MD of Abington, PA wrote, “VERY useful. Will likely implement on a daily basis.”

Olivia Kamayangi, MD of Salem, OR wrote, “An amazing workshop that helped me understand the applicability of CBT in my daily clinical practice... very wonderful & very helpful”

Yong Lee, MD of Tucson, AZ wrote, “Very educational. Try it—you’ll like it!”



## Curriculum

### In what sequence should the modules be taken?

The three core modules (CBT for Anxiety, CBT for Depression, and CBT Tools) are designed to be taken in any order whatsoever. Choose your starting workshop based on the dates and destinations that are most appealing to you.

### What teaching methods are used?

Workshops include lecturettes, professionally-produced videos, case study discussions, patient simulations, personal reflection exercises, and self-assessment quizzes.

### How is medical CBT different from orthodox CBT?

Medical CBT assumes the practitioner has little background in psychology, works within the constraints of ten-minute appointments, and often treats patients with little or no insight. Orthodox CBT is designed for full-time psychotherapists, and assumes a series of one-hour appointments with fairly psychologically-minded patients.

## Suitability

### What psychology background is required?

There are no prerequisites for CBT Canada's core workshops. In fact, a background of some aversion to psychology is no barrier. We pride ourselves in making CBT interesting—both professionally and personally.

### Are specialist physicians welcome?

Absolutely—and most seem to love it. Research has shown that even surgeons (and their patients) have emotions. Therefore, even saw-wielding orthopods are welcome (chaperoning is complimentary).

### Are psychotherapists welcome?

Medical CBT is designed for clinicians with short appointments. Conventional psychotherapists with hour-long appointments are strongly encouraged to consider orthodox CBT training, such as the program offered through the University of Toronto's Department of Psychiatry.

### Is medical CBT appropriate for non-MDs?

All evidence-based healthcare practitioners are welcome, including MSWs, NPs, OTs, PTs, and RNs. Workshops are not open to the general public.

## Accreditation

### What CFPC credits are offered?

CBT Canada's workshop modules meet the accreditation criteria of The College of Family Physicians of Canada and have been accredited for Mainpro-C credits. The number of credits offered varies depending on the workshop. See [www.cbt.ca](http://www.cbt.ca) for details.

### What credits can Royal College members claim?

CBT Canada's Mainpro-C accredited workshops can be claimed in Section 2 as a personal learning project (PLP) for 2 credits per hour. In Mainport, the template will ask you to record the topic or subject of the PLP and your thoughts, conclusions or outcomes.

### What credits can American family physicians claim?

The AAFP and the CFPC have a bilateral reciprocal accreditation agreement for continuing professional development activities. Members of the AAFP who attend CME activities that have been accredited by the CFPC for Mainpro-C credits can claim AAFP Prescribed credit. When reporting to the AAFP, Mainpro-C credits earned must be reported as Mainpro-C credits, not as AAFP Prescribed credit. (2012 COD)

## In-house workshops

### What experience does CBT Canada faculty have with in-house training?

CBT Canada faculty have collaborated with a variety of universities (e.g., Queen's University, McGill University, Memorial University, University of Calgary, University of Toronto), CFPC chapters (e.g., Alberta, British Columbia, Saskatchewan, Manitoba, Ontario, Québec), and other organizations (e.g., ADAC, CSC, DIA, NPAO) to provide training to their constituents. References are available upon request.

### What in-house training packages are available?

Medical CBT training packages range in length from three hours to five days. Good introductory workshops to uninitiated groups include "CBT's Greatest Hits", "Ten-Minute CBT" and "CBT for Problems of Living".



## Travel

### Do CME hours interfere with destination activities?

We understand our participants' desire to balance learning with rest & rejuvenation. CBT Canada has nearly twenty years of experience in the subtleties of scheduling CME to minimize interference with vacation activities. Rest assured that on our cruises we avoid port days, and that at our ski destinations the CME is scheduled for the mornings and late afternoons.

### What hotel discounts are offered?

Our group hotel discounts vary but can be very significant. For example, our Christmas season rooms at Disney World's flagship Grand Floridian Resort are over 50% off.

### For what interval are reduced hotel rates offered?

At most of our land-based venues, you can arrive up to three nights before the workshop, and stay up to three nights after, and the same great rates will apply.

### Can you help me plan my trip?

Absolutely! CBT Canada has partnered with Expedia CruiseShipCenters in Burlington, Ontario to provide complete vacation packages. Call 888.739.3117 or 905.631.1700 or email a member of our team:

- Pauline (pramsbottom@cruiseshipcenters.com)
- Dawn (dwest@cruiseshipcenters.com)
- Tonya (tsquires@cruiseshipcenters.com)

### Are your travel agents TICO insured?

The Travel Industry Council of Ontario (TICO) is an organization mandated by the Ontario government to administer the Ontario Travel Industry Act, which governs all Ontario travel agents, including the agency with which we work, ECSC Burlington. Notably, TICO administers an industry-financed Travel Compensation Fund.

### What is TICO's Travel Compensation Fund?

The Travel Compensation Fund provides reimbursement of monies paid to an Ontario registered travel agent (e.g., ECSC Burlington) for travel services that are not provided due to the insolvency of the agency, or end supplier airline or cruise line. You need not be a resident of Ontario. The Travel Compensation Fund makes us rest easy.

### Am I required to book my travel with CBT Canada's agents?

We have observed that organizations that constrain CME registrants to book their travel exclusively with them tend to have rather elevated travel prices. Although in some cases booking outside our group can cause logistical challenges (e.g., group dining reservations), our registrants are free to book their travel with whomever they choose.

## Registration

### What is your refund policy?

Should you need to cancel your registration for any reason, you have two options:

*Option 1* You may transfer 100% of your tuition money (no processing fee of any kind) to another workshop up to 24 hours prior to the start of the workshop you're registered for (maximum one transfer).

*Option 2* You can receive a refund of your tuition money (minus a \$75.00 processing fee) up to 30 days prior to the start of a workshop.

### Have you ever canceled a workshop?

CBT Canada has never canceled a workshop. However, should unforeseen circumstances ever necessitate a cancellation (e.g., the untimely reawakening of Iceland's Eyjafjallajökull), liability would be limited to tuition fees only.

### Are any discounts offered to students and residents?

Space permitting, students and residents may be eligible for a 50% reduction in tuition. Proof of status is required at the time of registration. Email registrar@cbt.ca.

### What tax is charged on tuition fees?

Tuition taxes depend on where the workshop is held. All workshops held outside Canada (e.g., Arizona, Florida, Hawaii) are pleasingly tax-free. Tuition taxes within Canada depend on the province the workshop is held in; e.g., BC (5% GST), AB (5% GST), MB (5% GST), ON (13% HST), QC (5% GST), NF (13% HST).

## Earlybird benefits

### Are there any earlybird registration discounts?

Many workshops do indeed have earlybird registration deadlines, with tuition reductions sometimes as high as \$300<sup>00</sup>. Earlybird discounts and deadlines vary by destination. See [www.cbt.ca](http://www.cbt.ca) for the latest updates.

### Are there any earlybird travel discounts?

CBT Canada is sometimes able to extend significant earlybird travel discounts, particularly for CME cruises. For example, if you register by January 31, 2014 for October's Asian CME Cruise, you'll benefit from a \$100<sup>00</sup> onboard credit, free prepaid gratuities, and a \$300<sup>00</sup> savings on tuition. See [www.cbt.ca](http://www.cbt.ca) for details.

## Contact us

**CBT Canada**  
PO Box 852, Station A  
Toronto, ON M5W 1G3  
phone 877.466.8228  
email [info@cbt.ca](mailto:info@cbt.ca)



**Arizona**



**Banff**



**Ottawa**



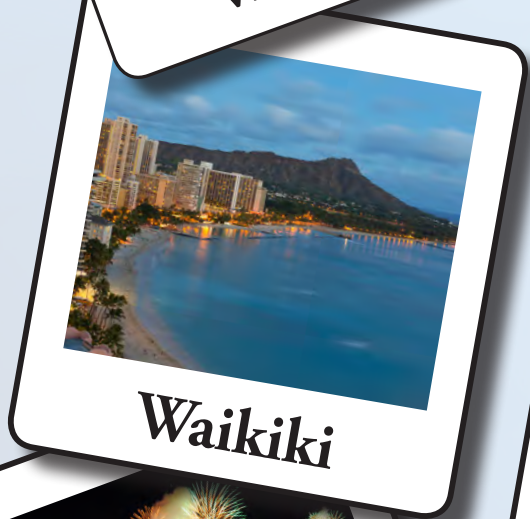
**Baltics**



**Whistler**



**Maui**



**Waikiki**

Earlybird savings  
of up to 25%

Register online  
[www.cbt.ca](http://www.cbt.ca)



**Vancouver**



**Asia**



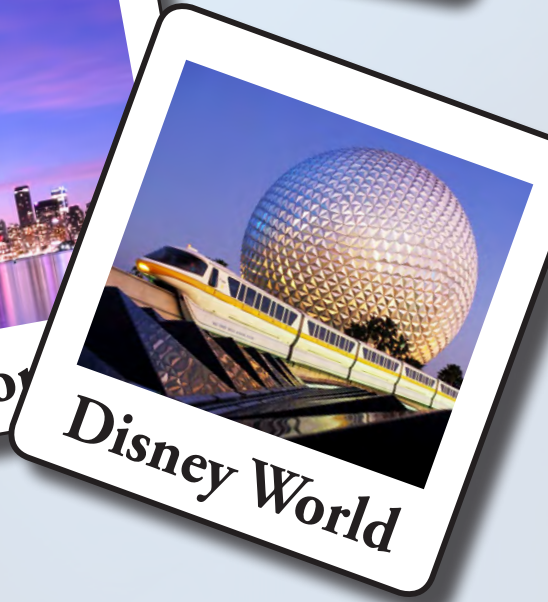
**Las Vegas**



**Toronto**



**Caribbean**



**Disney World**

2013 WINNER  
CPD Program Award  
College of Family Physicians of Canada

# Vacation CME

## 1. Workshops Please select

Location	Dates	Module	Mainpro-Cs
Asian cruise <i>Princess Cruise Line</i>	October 15–28, 2014	CBT for Depression	18.0 credits*
Baltics cruise <i>Celebrity Cruise Line</i>	May 21–June 2, 2014	CBT for Depression	18.0 credits*
Banff <i>Delta Royal Canadian Lodge</i>	August 11–13, 2014	CBT Tools	12.0 credits
Blue Mountain <i>Convention Centre</i>	July 10–12, 2014	CBT Tools	12.0 credits
Caribbean cruise <i>Disney Cruise Line</i>	December 13–20, 2014	CBT for Anxiety	12.0 credits
Disney World <i>Grand Floridian</i>	December 10–12, 2014	CBT for Anxiety	12.0 credits
Las Vegas <i>Bellagio</i>	January 16–17, 2015	CBT Tools	12.0 credits
Maui <i>Sheraton Maui (Ka'anapali)</i>	March 24–26, 2014	CBT for Depression	12.0 credits
Ottawa <i>Convention Centre</i>	June 19–20, 2014	CBT Tools	12.0 credits
Scottsdale <i>W Scottsdale</i>	January 16–18, 2014	CBT Tools	12.0 credits
Toronto <i>Sheraton Centre</i>	August 22–23, 2014	CBT for Anxiety	12.0 credits
Vancouver <i>University of British Columbia</i>	September 12–13, 2014	CBT for Anxiety	12.0 credits
Waikiki <i>Sheraton Waikiki</i>	February 17–19, 2014	CBT Tools	12.0 credits
Whistler (summer) <i>Delta Whistler Village Suites</i>	July 28–30, 2014	CBT Tools	12.0 credits
Whistler (winter) <i>Delta Whistler Village Suites</i>	January 9–11, 2014	CBT for Depression	12.0 credits
Tahiti <i>Princess Cruise Line</i>	February 16–26, 2015	CBT Tools	12.0 credits

## 2. Physician Pretty please print

Name		Degrees	
Address			
City	Prov	Postal code	
Tel	Email		

## 3. Tuition\* \$895.00 (for 12.0 Mainpro-Cs)

AMEX	Card number	Exp date	CVS code	Signature
MasterCard				
VISA				

\*Tuition for 18.0 Mainpro-Cs is \$1,295.00. "CVS code" is the 3-digit code on the back of your credit card. Make cheques payable to CBT Canada. Please include local sales taxes (if applicable). You may transfer 100% of your tuition fee (with zero processing fee) to another workshop up to 24 hours prior to the start of the workshop you're registered for (maximum one transfer). Withdrawals received with 30 days notice can receive a full refund less a \$75.00 processing fee. In the unlikely event of a workshop cancellation, liability is limited to tuition only.

FAX 416-203-6111 or  
register online at [www.cbt.ca](http://www.cbt.ca)



# CBT

CANADA



supratentorial medicine



Whistler

Arizona

Ottawa

Baltics

Waikiki

Banff

Maui

Vancouver

Las Vegas

Caribb

Asia

Toronto

Disney

Register online  
[cbit.ca](http://cbit.ca)