

*In 2009, CCI will again be offering a series of clinically relevant workshops in evidence based treatment. These workshops have a practical, skills-based focus and have been evaluated positively by past participants. The workshops are suitable for all mental health practitioners. Some of the workshops (those marked 'Advanced') do require experience in using CBT, however, the CBT Foundation Course is suitable for mental health practitioners with no previous experience of CBT, and provides a good basis for completing the other workshops.*

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### Understanding and Applying the CBT model: A Foundation Course for Clinicians

Cognitive behavioural therapy (CBT) uses a combination of behavioural and cognitive principles in the treatment of clinical problems. CBT has been consistently demonstrated to be an effective treatment for a broad range of clinical problems. This intensive 2-day workshop will provide participants with...

- An overview of the CBT model and its origins
- Specific instruction in the key components of a CBT intervention
- Experiential exercises, role-plays and group work to orient participants to the therapeutic style of CBT
- A foundation for further training in the application of CBT to specific clinical problems eg. comorbid anxiety & depression

Level: **Introductory**

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### CBT for Eating Disorders

CCI has an established specialist community-based psychological service for people with an eating disorder. This 2-day workshop will provide participants with...

- An update on eating disorders: diagnosis, assessment, current treatment and research
- A sound understanding of the model of CBT for eating disorders used at CCI (based on Prof. Christopher Fairburn's transdiagnostic approach)
- Practical strategies for working effectively with people with an eating disorder

Level: **Advanced**

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### Working with Self-Esteem within a CBT Framework

Clients commonly present with difficulties of which 'low self-esteem' may be an important feature. Not only a popular lay-term, self esteem may be a significant vulnerability factor for psychopathology, an aspect of clients' problems or a consequence of experiencing problems such as depression or anxiety. This 2-day workshop will provide participants with...

- A clear and comprehensive model of self-esteem to guide your individual work with clients
- Instruction in the delivery of a systematic CBT intervention for low self esteem
- Relevant materials and resources for use in a self esteem intervention

Level: **Advanced**

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### Working with Worry and Rumination

Worry and rumination are key problems in many psychiatric conditions. Recently, treatments have been developed that work with commonalities across disorders, rather than targeting one specific diagnosis. This practical two-day workshop will provide participants with:

- A clear formulation and treatment plan for worry and rumination that can be used regardless of diagnosis
- Specific techniques to treat factors that maintain worry and rumination, such as negative thoughts, metacognitions, past and future focus, associated unhelpful behaviours
- The opportunity to acquire and practice new skills and strategies
- Worksheets and patient handouts

Level: **Advanced**

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## Mood Management: A Group treatment for Individuals with Comorbid Disorders of Anxiety and Depression

Anxiety and Depression are among the most commonly seen clinical problems in mental health clinics. Individuals seldom present with one or the other, which strongly supports the need for clinical interventions that address both problems simultaneously. This 2-day workshop will provide participants with...

- A comprehensive group treatment manual
- Direct instruction in the delivery of the 10-week intervention
- Awareness of the issues arising in the delivery of the intervention and practical strategies to manage them

Level: **Advanced**

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## Communication & Assertion

Clients often have difficulties in communicating effectively and assertively, particularly in difficult interpersonal situations. This workshop aims to teach you how to improve your client's assertive communication skills. This 1-day workshop will provide participants with...

- A framework for understanding assertive communication
- The ability to assess assertive, passive and aggressive communication styles
- Strategies for teaching clients how to think and behave more assertively
- Specific strategies to improve assertiveness in difficult interpersonal situations, e.g. dealing with criticism

Level: **Advanced**

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**All workshops are run from 9.00am to 5.00pm, and are held at CCI  
(223 James Street, Northbridge)**

**Cost:** 1 day workshop: \$105 (excl GST), \$115.50 (incl GST). Lunch and teas provided.  
2 day workshop: \$195 (excl GST), \$214.50 (incl GST). Lunch and teas provided.

**Levels:** Introductory: Suitable for individuals who have no prior formal training in CBT  
Advanced: Suitable for individuals who have completed the CCI foundation course or other formal training in CBT

**For further information about CCI training workshops:**  
please contact Alice Martins

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or check our website: [www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au)

Course	Course Date	Close of Registration
CBT Foundation Course for Clinicians	Thu 12 <sup>th</sup> & Fri 13 <sup>th</sup> February 2009	Friday, 16 <sup>th</sup> January 2009
CBT Foundation Course for Clinicians	Thu 12 <sup>th</sup> & Fri 13 <sup>th</sup> March 2009	Friday, 13 <sup>th</sup> February 2009
Self Esteem	Thu 28 <sup>th</sup> & Fri 29 <sup>th</sup> May 2009	Friday, 24 <sup>th</sup> April 2009
Mood Management	Thu 25 <sup>th</sup> & Fri 26 <sup>th</sup> June 2009	Friday, 22 <sup>nd</sup> May 2009
Working with Worry & Rumination	Thu 23 <sup>rd</sup> & Fri 24 <sup>th</sup> July 2009	Friday, 26 <sup>th</sup> June 2009
Communication & Assertion	Fri 7 <sup>th</sup> August 2009	Friday, 10 <sup>th</sup> July 2009
CBT Foundation Course for Clinicians	Thu 24 <sup>th</sup> & Fri 25 <sup>th</sup> September 2009	Friday, 14 <sup>th</sup> August 2009
CBT for Eating Disorders	Thu 29 <sup>th</sup> & Fri 30 <sup>th</sup> October 2009	Friday, 18 <sup>th</sup> September 2009