



Training Calendar 2018

In 2018, the Centre for Clinical Interventions (CCI) will again be offering a series of clinically relevant and practical workshops in evidence based psychotherapy. From the beginning therapist to the experienced clinician, the 2018 calendar offers a range of training experiences to extend participants' understanding and clinical practice.

Our introductory workshop (i.e., the CBT Foundation Course), is suitable for mental health practitioners with no previous experience of CBT. The CBT Foundation Course provides a good basis for completing other CCI workshops.

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

Cognitive behaviour therapy (CBT) uses a combination of behavioural and cognitive principles in the treatment of clinical problems. CBT is an effective treatment for a broad range of clinical problems. This practical 2-day workshop will provide participants with...

- An introduction to the CBT model, its origins, and its application to formulation and treatment planning
- Experiential exercises, role-plays and group work to orient participants to the therapeutic style and techniques of CBT
- A set of key CBT skills that can be applied to a range of clinical problems
- A foundation for further training in the application of CBT to specific clinical problems

Introduction to Eating Disorders (Suitable for all health professionals)

CCI has an established specialist community-based psychological service for youth and adults with eating disorders (EDs). With the increasing recognition in WA Health of the importance of ED treatment, all clinicians need to feel confident in recognizing, referring, and intervening appropriately. This 1-day workshop is aimed at clinicians from all professions, offering a thorough understanding of EDs and some basic assessment and intervention skills. It will provide participants with...

- An introduction to EDs: an overview of diagnosis, treatment, and research
- Information on screening and assessing for an ED
- Psychoeducation to help you and your client understand what is happening and why

The other workshops (listed below) require some experience using CBT, and are designed to assist mental health practitioners to extend their CBT skills to working with particular clinical problems. Participants are required to have completed the CCI CBT Foundation Course or other formal CBT training prior to participating in these workshops.

Working with Worry & Rumination

Have you ever experienced the problem of working with a "worrier" in therapy on a specific worry, only to find that once it has been resolved a new worry pops up? Worry and rumination (i.e., repetitive negative thinking) are key cognitive processes that maintain many psychiatric conditions. Effective treatments have been developed that follow a 'meta-cognitive' approach. That is, tackling the negative and positive beliefs one holds about worry and rumination, rather than getting caught up in challenging each specific worry. This practical 2-day workshop will provide participants with...

- A clear formulation and treatment plan for working with worry and rumination, that can be applied regardless of diagnosis
- An understanding of the distinction between cognition and metacognition, and the central role of metacognition in maintaining worry and rumination
- The opportunity to observe and practice specific strategies to treat the key metacognitive maintaining factors of worry and rumination (i.e., metacognitive challenging, metacognitive behavioural experiments, attention training, etc.)

Applying CBT to Bipolar Disorder

The treatment of choice for bipolar disorder is medication. However, people with bipolar disorder face unique psychosocial issues that are not addressed by pharmacotherapy alone. For the last 17 years CCI has been providing individual and group based adjunctive psychosocial treatment for people with bipolar disorder. This 1-day workshop will provide participants with...

- An increased awareness of the unique treatment issues for people with bipolar disorder
- Practical strategies for working individually with people with bipolar disorder
- Instruction in the delivery of a module-based individual psychosocial treatment for bipolar disorder
- A comprehensive manual to support the bipolar intervention

Working with Clinical Perfectionism

Although having high standards is often thought of as a positive attribute, having a self-worth dependent on a relentless pursuit of unrealistically high standards can leave clients vulnerable to a range of psychological difficulties. As such, clinical perfectionism is a trans-diagnostic problem relevant to a diverse range of client presentations. This 1-day workshop will provide participants with...

- A clear understanding of what is helpful and unhelpful about being a perfectionist
- A clear formulation and treatment planning model that illustrates the self-reinforcing cycle of perfectionism
- Observation and practice of treatment strategies for helping clients to reduce their perfectionism



Working with Body Dysmorphic Disorder

For individuals with Body Dysmorphic Disorder (BDD), the appearance-related preoccupations and behaviours (e.g. mirror-checking, grooming) far exceed the physical appearance concerns experienced by most people from time to time. BDD commonly co-occurs with disorders such as depression and social anxiety disorder, and individuals with eating disorders may report appearance concerns that meet criteria for a comorbid diagnosis of BDD. While attempts to resolve these appearance concerns through cosmetic procedures tend to be ineffective, evidence-based treatments such as CBT have been shown to be effective for managing BDD. This 1-day workshop will provide participants with...

- An introduction to BDD, and
- A clear formulation and treatment plan for working with BDD
- The opportunity to observe and practice treatment strategies for reducing appearance preoccupation; testing appearance-related predictions through the use of behavioural experiments; and adjusting appearance-related beliefs and assumptions.

Training	Training Date	Close of Registration
CBT Foundation Course for Clinicians (2-day)	Mon 26 th & Tue 27 th March 2018	Monday, 5 th March 2018
CBT Foundation Course for Clinicians (2-day)	Thu 3 rd & Fri 4 th May 2018	Thursday, 12 th April 2018
Introduction to Eating Disorders (1-day)	Tue 29 th May 2018	Tuesday, 8 th May 2018
Working with Worry & Rumination (2-day)	Thu 28 th & Fri 29 th June 2018	Thursday, 7 th June 2018
Applying CBT to Bipolar Disorder (1-day)	Tue 24 th July 2018	Tuesday, 3 rd July 2018
Working with Clinical Perfectionism (1-day)	Thu 23 rd August 2018	Thursday, 2 nd August 2018
CBT Foundation Course for Clinicians (2-day)	Thu 20 th & Fri 21 st September 2018	Thursday, 30 th August 2018
Working with Body Dysmorphic Disorder (1-day)	Fri 19 th October 2018	Friday, 28 th September 2018
CBT Foundation Course for Clinicians (2-day)	Mon 26 th & Tue 27 th November 2018	Monday, 5 th November 2018

All workshops are held at CCI (223 James Street, Northbridge, Western Australia, 6003)

Registration forms will be available via the CCI website from mid-January 2018

For further information about CCI training workshops:

Contact **Alice Martins**: (08) 9227 4399 or info.cci@health.wa.gov.au

Or, check our website for registration forms: www.cci.health.wa.gov.au (available from mid-Jan 2018)

This document can be made available in alternative formats on request for a person with a disability.

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