Training Calendar 2017

In 2017, 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 2017 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. Please note that 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, it 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

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.)

Imagery-Enhanced CBT for Social Anxiety Disorder

Social anxiety disorder is one of the most common and debilitating anxiety disorders, and CBT is the treatment of choice. Imagery has also been proposed to be a modality of intervention that can increase the emotional impact of CBT. With this in mind, CCI has developed an Imagery-Enhanced CBT for social anxiety, and has demonstrated the increased effectiveness of this program compared to more traditional ‘verbal’ modes of CBT delivery. This practical 2-day workshop will provide participants with...

- A clear CBT formulation and treatment plan for social anxiety disorder
- An understanding of how to enhance the impact of each treatment component via the use of imagery in CBT
- The opportunity to observe and practice treatment strategies such as: restructuring negative social images, identifying and reducing safety behaviours, novel techniques for correcting negative self-perceptions (e.g. video-feedback), “shame attacking” exercises, attention training, coping imagery, imagery rescripting and positive imagery

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Enhanced CBT for Eating Disorders

CCI has an established specialist community-based psychological service for youth and adults with eating disorders. Enhanced Cognitive Behaviour Therapy (CBT-E) is a transdiagnostic treatment for all eating disorders used at CCI. This practical 2-day workshop will provide participants with...

- An overview of the issues relevant to treating people with eating disorders
- A comprehensive overview of CBT-E
- An understanding of how the transdiagnostic approach of CBT-E can be used with the full range of eating disorders seen in clinical practice, and with both adolescents and adults
- Demonstrations of behavioural & cognitive interventions used in CBT-E

Working with Procrastination

Procrastination is a transdiagnostic problem that is highly prevalent in clinical practice, and can be frustrating for both client and therapist. It can present as a behavioural aspect of a psychiatric disorder (i.e., depression, anxiety, etc.) or a stable and chronic problem in its own right that can reflect ones personality style. This practical 1-day workshop will provide participants with...

- A greater understanding of procrastination and when to target it in treatment
- A framework for formulating procrastination and planning treatment
- Practice in specific treatment strategies such as dismissing excuses, practical strategies to enable taking action, methods for tolerating discomfort, and adjusting unhelpful rules and assumptions that underlie procrastination

Working with Low Self-Esteem

Clients commonly present with difficulties of which ‘low self-esteem’ may be an important feature. Knowing when and how to tackle the seemingly fixed negative view clients can hold of themselves, is a challenge that most clinicians will face in therapy. This practical 2-day workshop will provide participants with...

- A clear understanding of low self-esteem, plus when and how to target it in treatment
- A comprehensive model of low self-esteem development and maintenance to guide treatment
- Instruction, practice and observation of the delivery of a comprehensive CBT intervention for low self-esteem, inclusive of strategies such as thought challenging, behavioural experiments, positive qualities, compassion-focused imagery and constructing new balanced core beliefs via positive imagery.

<table>
<thead>
<tr>
<th>Training</th>
<th>Training Date</th>
<th>Close of Registration</th>
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<tbody>
<tr>
<td>CBT Foundation Course for Clinicians (2-day)</td>
<td>Thu 30th &amp; Fri 31st March 2017</td>
<td>Thursday, 9th March 2017</td>
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<tr>
<td>CBT Foundation Course for Clinicians (2-day)</td>
<td>Thu 27th &amp; Fri 28th April 2017</td>
<td>Thursday, 6th April 2017</td>
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<tr>
<td>Working with Worry &amp; Rumination (2-day)</td>
<td>Mon 29th &amp; Tue 30th May 2017</td>
<td>Monday, 8th May 2017</td>
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<tr>
<td>Imagery-Enhanced CBT for Social Anxiety (2-day)</td>
<td>Mon 26th &amp; Tue 27th June 2017</td>
<td>Tuesday, 6th June 2017</td>
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<tr>
<td>Enhanced CBT for Eating Disorders (2-day)</td>
<td>Thu 27th &amp; Fri 28th July 2017</td>
<td>Thursday, 6th July 2017</td>
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<tr>
<td>Working with Procrastination (1-day)</td>
<td>Mon 28th August 2017</td>
<td>Monday, 7th August 2017</td>
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<tr>
<td>CBT Foundation Course for Clinicians (2-day)</td>
<td>Tue 19th &amp; Wed 20th September 2017</td>
<td>Tuesday, 29th August 2017</td>
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<tr>
<td>Working with Low Self-Esteem (2-day)</td>
<td>Mon 30th &amp; Tue 31st October 2017</td>
<td>Monday, 9th October 2017</td>
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<tr>
<td>CBT Foundation Course for Clinicians (2-day)</td>
<td>Thu 23rd &amp; Fri 24th November 2017</td>
<td>Thursday, 2nd November 2017</td>
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All workshops are held at CCI (223 James Street, Northbridge, Western Australia, 6003)

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<thead>
<tr>
<th>Cost</th>
<th>Time</th>
<th>Lunch and teas provided</th>
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<tbody>
<tr>
<td>$143 (incl GST), $130 (excl GST)</td>
<td>9.00am to 5.00pm</td>
<td>Lunch and teas provided</td>
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<tr>
<td>$264 (incl GST), $240 (excl GST)</td>
<td>9.00am to 5.00pm</td>
<td>Lunch and teas provided</td>
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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

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

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