



CCI Training Calendar 2026

Every year, the Centre for Clinical Interventions (CCI) offers a series of practical workshops in evidence-based psychological therapy. From the beginning therapist to the experienced clinician, the workshop series designed by the CCI team each year aims to provide a range of training experiences to extend participants' understanding and clinical practice.

Training	Training Dates for 2026	Close of Registration
CBT Foundation Course for Clinicians (2-day)	Mon 16 th & Tue 17 th March 2026	19 th Feb 2026
Exposure to Exposure (1-day)	Mon 4 th May 2026	9 th Apr 2026
Targeting Metacognitions in Worry & Rumination (2-day)	Wed 10 th and Thu 11 th Jun 2026	21 st May 2026
Advances in CBT for Social Anxiety Disorder (2-day)	Thu 23 rd & Fri 24 th Jul 2026	2 nd Jul 2026
CBT Foundation Course for Clinicians (2-day)	Tue 25 th & Wed 26 th Aug 2026	30 th Jul 2026
Working with Body Dysmorphic Disorder (1-day)	Mon 21 st Sep 2026	27 th Aug 2026
CBT Foundation Course for Clinicians (2-day)	Thu 22 nd & Fri 23 rd Oct 2026	1 st Oct 2026
CBT for Eating Disorders (2-day)	Mon 9 th & Tue 10 th Nov 2026	15 th Oct 2026

Our introductory CBT 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.

The CBT Foundation Course is designed for participants to understand the theory and rationale of the CBT model, which can be applied to various clinical presentations (see our list of trainings for disorder-specific workshops). It does not replace ongoing training and supervision. Participants may also be working in an area where delivering a full CBT intervention is not feasible. Where this may be the case, past attendees have found it helpful to gain a better understanding of CBT to be able to discuss it with their clients, and to understand their clients' difficulties within a cognitive-behavioural model.

CBT Foundation Course for Clinicians: Understanding & 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.

CBT for Eating Disorders

(Level: Prior CBT knowledge desirable, but not essential)

CCI has an [established specialist community-based psychological service for youth and adults with eating disorders](#). One of the leading evidence-based treatments for eating disorders is Cognitive Behaviour Therapy for Eating Disorders. This practical 2-day workshop will provide participants with...

- An overview of the primary issues relevant to treating people with eating disorders;
- A comprehensive overview of CBT for eating disorders;
- An understanding of how CBT can be used with a range of eating disorders seen in clinical practice;
- Demonstrations of behavioural & cognitive interventions used in CBT for eating disorders.

The other workshops (listed below) require some experience using CBT, and they 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.

Exposure to Exposure: Taking the fear out of Exposure Therapy

Exposure therapy is an evidence-based treatment that is often recommended as first-line for a range of psychological disorders, including anxiety disorders, OCD, and PTSD. Despite its effectiveness, exposure treatments are under-utilised, and clinicians encounter a range of barriers to implementing exposure in practice. This 1-day workshop will provide participants with...

- A trans-diagnostic theoretical rationale for using exposure therapy;
- Observation and practice of exposure techniques such as in-vivo exposure, interoceptive exposure, imaginal exposure, and exposure and response prevention (ERP);
- Opportunities to identify and troubleshoot barriers to using exposure with clients.

Targeting Metacognitions in 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.)

Advances in 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. For many years, CCI has been providing individual and group based CBT for individuals with social anxiety. In recent years, CCI has published outcomes of a randomised control trial demonstrating the effectiveness of our novel CBT protocol for social anxiety, which showed treatment outcomes comparable to the largest effects seen in the literature for this population. 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 (e.g., using imagery techniques);
- The opportunity to observe and practice treatment strategies such as: restructuring negative social images, behavioural experiments to test negative social images, identifying and reducing safety behaviours, novel techniques for correcting negative self-perceptions (e.g. video-feedback), cost-testing exercises, attention training, coping imagery, imagery rescripting, and positive imagery.

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
- 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.



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Workshops are usually held at CCI

223 James Street, Northbridge, Western Australia, 6003

All our workshops are currently delivered in Western Australia only.

	Cost	Start/End times
1-day workshop:	\$210.00 (incl GST)	8.45am (registration) to approx. 4:30pm
2-day workshop:	\$350.00 (incl GST)	8.45am (registration) to approx. 4:30pm

REGISTRATIONS for 2026 workshops will open from Monday 12th January 2026 – registration link via <https://www.cci.health.wa.gov.au/Training/Register-for-Training>

For further information about CCI training workshops:

Please email: info.cci@health.wa.gov.au or check out our website: <https://www.cci.health.wa.gov.au/>

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