

Advanced Level

Cognitive Behavioural Therapy (CBT)

Effective Treatment for Complex or Resistant Clients

10 September 2008 – Sebel Playford (ADELAIDE)

Cognitive Behaviour Therapy (CBT) is a frontline evidenced based psychological treatment for psychological disorders and has gained considerable support and recognition in Government Health, Worker's Compensation and Medical Associations in Australia. Cognitive Behaviour Therapy is the most well researched and validated evidenced based psychological treatment available for treating psychological issues of depression anxiety, stress and pain and helping people overcome barriers and difficulties at work, home or in relationships.

CBT is an effective psychological treatment requiring not only specific therapy knowledge and skills but of equal importance the clinical capability to apply such treatments to very distressed people who may at times show a lack of insight, resistance and anger and also co-morbid or multiple disorders (both psychological and physical) This workshop, presented by two leading CBT practitioners and authors will provide a practical and experiential framework to developing Advanced CBT skills to work with more challenging or difficult clients who may have a range of different disorders.

This workshop will provide attendees with an in depth analysis of CBT and advanced cognitive therapy strategies for difficult or challenging clients as well as the use of Mindfulness Meditation and relaxation strategies applicable to a range of disorders and treatment settings.

**Early Bird
closes
1/8/08**

WORKSHOP OVERVIEW

9.00AM - 12.30PM

- 8.30am** Registration and Morning Coffee
- 9.00am** Introduction Overview of CBT: Complexities in Delivery of CBT Techniques
- 9.20am** Common Issues - Resistance, Lack of Insight, Identifying the Right Schemas to Work with - 'The Elegance of the Dispute'
- 9.45am** Key Cognitive Techniques to address client issues (downward Arrow, Socratic dispute, Modelling and Scenario Building)
- 10.40am** Morning Tea Break
- 11.00am** Cognitive Therapy Live 1 - Practicing Key Techniques to Learn to Identify Key Schemas causing Distress
- 11.20am** Cognitive Therapy Live 2- Lack of insight or Resistance, Understanding and Challenging Client Beliefs without Breaking the Therapeutic Alliance
- 12.30pm** Lunch (buffet lunch provided)

1.15PM – 5.00PM

- 1.15pm** Advanced Treatment: Cognitive and Behavioural Relaxation Skills, the Mindfulness Approach and CBT
- 2.15 pm** Applications of Mindfulness to: Pain, Stress, Anxiety, Depression, Workplace/ School Issues, and Children and Adolescents
- 3.10pm** Afternoon Tea
- 3.30pm** Mindfulness Practice - Practical Techniques for Different Situations, Helping Clients Overcome Obstacles to Mindfulness Practice, Open Eye Vs Closed Eye Meditations
- 3.50pm** CBT - Key Issues and Brief Treatment Plans – Effectively Managing Common Psychological Problems and Overcoming Barriers in Therapy
- 4.40pm** Discussion/ Questions
- 5.00pm** Close

FAX YOUR REGISTRATION TO 02 6628 2902

About your Workshop Leaders

LEAD PRESENTER AND FACILITATOR

Dr Peter Stebbins – Peter is a Clinical Psychologist specialising in workplace psychological issues including the assessment and treatment of work-related stress disorders. He completed his Masters Degree in Clinical Psychology at the University of Queensland as well as his PhD in Clinical Psychology, researching in the area of chronic stress. Peter's specialist area of counselling is in the use of cognitive behavioural and existential treatments for anxiety, mood, pain and adjustment disorders. He has authored a number of research papers in the area of cognitive belief systems, coping resources and chronic stress. Peter has published a self-help book entitled *You Can Cope!*, produced a relaxation CD, *Relaxation for the Mind and Body* and written a book on the assessment and treatment of work related stress injuries.

Prerequisites for attendance

Participants must be experienced practitioners in the application and use of CBT or have completed the Introduction to CBT course.

WORKSHOP SUPPORT FACILITATOR

Mr Simon Thatcher – Simon's experience has included an extensive focus in the clinical application of psychology to occupational injury assessments, investigations and rehabilitation. Therapeutically, whilst his approach is largely grounded in cognitive behaviour therapy, Simon tends to be more process-driven in his work with clients allowing them to safely feel their feelings. He provides both individual and group treatment programs which have focused on a variety of clinical and existential dynamics and also has an interest in working with couples. Simon is currently undertaking further professional development study in body psychotherapy.

*******The Australian Psychological Society has endorsed this workshop for 7 Specialist Professional Development points for members of the following APS Colleges: Educational & Developmental. Members of other APS Colleges and non-College members may claim the equivalent generalist points*******

General Enquiries: Telephone Sally Lane - 02 6628 2901 or email to enquiries@ppleducation.com.au

Fax registration form to 02) 6628 2902 or post 68 Barrys Road MODANVILLE NSW 2480

Registration Details

Title(Mr/Mrs/Miss/Ms) _____ Surname _____ Given Name _____

Position _____ Organisation: _____

Address: _____

Telephone: _____ Fax: _____

Email: _____

Payment details

Enclosed is my cheque for \$ _____ payable to PPL Education Services P/L

Charge \$ _____ to Visa Mastercard Bankcard AMEX

Card No:

Expiry Date:

Name of Cardholder.....Signature.....

CANCELLATION POLICY

Your registration will be confirmed in writing when full payment is received. We will refund your registration in full less a \$120 administration and processing fee if notification is received in writing by 18/7/08. If we receive notification of cancellation between 21/7/08 and 4/8/08, you will receive 50% refund and workshop notes. No cancellation will be accepted after 5/8/08.

AMENDMENTS TO THE WORKSHOP PROGRAM - PPL Education reserves the right to cancel or postpone or amend the event details if required.

VENUE DETAILS - Full venue details will be provided within your Confirmation of Registration Letter.

PPL Education Services
68 Barrys Road
MODANVILLE NSW 2480



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Fax: 02 6628 2902
ABN: 13 108 760 970

REGISTRATION PRICES

\$499 - Early Bird*

* Received & paid prior to 1/8/08

\$599 - Post Early Bird

\$399 – Interstate Flat Fee

\$369 – Not for Profit Flat Fee

\$249 – Student

Register for both the Intro and Advanced Course and receive a 25% discount off second registration

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