

CBT 2011

The Centre for Cognitive Behaviour Therapy provides helping professionals with the opportunity to develop knowledge and skills in this effective, efficient and empowering method of personal change. Training programmes build on the work of key CBT theorists such as Albert Ellis & Aaron Beck, and are open to psychiatrists, psychologists, social workers, nurses, occupational therapists and other counselling/human resource professionals.

Mindfulness Trauma Depression Children Adolescents REBT



May Whanganui

Workshop: **Reactions to Traumatic Events** - Sat 21 May
 Workshop: **Chronic & Resistant Depression** - Sun 22 May
 Practicum: **Primary Certificate in REBT** - Mon-Thu 23-26 May

August Dunedin

Practicum: **Primary Certificate in REBT** - Mon-Thu 1-4 Aug
 Workshop: **Reactions to Traumatic Events** - Fri 5 Aug
 Workshop: **Mindfulness** - Sat 6 Aug
 Workshop: **Chronic & Resistant Depression** - Sun 7 Aug
 Practicum: **Prim.Certificate Children & Adolescents** - Mon-Wed 8-10 Aug

November Rotorua

Workshop: **Mindfulness** - Mon 14 Nov
 Practicum: **Primary Certificate in REBT** - Tues-Fri 15-18 Nov
 Workshop: **Reactions to Traumatic Events** - Sat 19 Nov
 Workshop: **CBT with Children & their Families** - Sun 20 Nov
 Workshop: **Chronic & Resistant Depression** - Mon 21 Nov

Enquiries:

E-mail: (gets fastest response)
training@rational.org.nz

Postal: PO Box 2292,
 Stortford Lodge, Hastings
 Fax: (06) 870-9964

Phone: (06) 870-9963
 NB: Phone not always attended

Visit our web-site:
www.rational.org.nz

- updates on places available
- more details on courses
- free articles on CBT

See the other side for a description of each event



SHORT WORKSHOPS. These stand-alone workshops will be of interest whether or not you have previous experience of using Cognitive Behaviour Therapy. All workshops have limited numbers.

PRIMARY CERTIFICATE COURSES provide formal training toward in-depth skills. Home study (Stage I) begins 6 weeks before the practicum (Stage II) followed by practice with clients and preparation of final assessment (Stage III). Limited to 12 participants.

Primary Certificate in REBT includes new interactive computer-based multi-media learning tool



<p>1 Read registration information & refund policy overleaf</p> <p>2 Insert cost alongside each event for which you are registering</p> <p>3 Circle the course number under the venue you want</p> <table border="0"> <tr> <td></td> <td></td> <td>Whanganui</td> <td>Dunedin</td> <td>Rotorua</td> </tr> <tr> <td>Prim.Cert. REBT</td> <td>\$1056</td> <td>1101WHA</td> <td>1101DUN</td> <td>1101ROT</td> </tr> <tr> <td>Prim. Cert. Child & Adolesc</td> <td>\$750</td> <td></td> <td>1102DUN</td> <td></td> </tr> <tr> <td>WShop: Depression</td> <td>\$233</td> <td>1103WHA</td> <td>1103DUN</td> <td>1103ROT</td> </tr> <tr> <td>WShop: Trauma</td> <td>\$233</td> <td>1104WHA</td> <td>1104DUN</td> <td>1104ROT</td> </tr> <tr> <td>WShop: Children</td> <td>\$233</td> <td></td> <td></td> <td>1105ROT</td> </tr> <tr> <td>WShop: Mindfulness</td> <td>\$233</td> <td></td> <td>1106DUN</td> <td>1106ROT</td> </tr> <tr> <td>TOTAL enclosed: \$</td> <td></td> <td colspan="3">GST at 15% already included (GST# 96-419-732)</td> </tr> </table> <p>4 (i) Attach <u>cheque</u> payable to 'Rational Training Resources' & post; or (ii) to pay by <u>credit card</u>, complete form below & post or fax, or (iii) to pay by <u>direct bank transfer</u>, deposit to account: 060738-0070427-00</p>			Whanganui	Dunedin	Rotorua	Prim.Cert. REBT	\$1056	1101WHA	1101DUN	1101ROT	Prim. Cert. Child & Adolesc	\$750		1102DUN		WShop: Depression	\$233	1103WHA	1103DUN	1103ROT	WShop: Trauma	\$233	1104WHA	1104DUN	1104ROT	WShop: Children	\$233			1105ROT	WShop: Mindfulness	\$233		1106DUN	1106ROT	TOTAL enclosed: \$		GST at 15% already included (GST# 96-419-732)			Name: _____ Phone (show STD) Daytime: _____ Evening: _____ Fax: _____ E-mail (important — we use e-mail to keep you informed): _____ Address: _____ Profession: _____ Current position: _____ Qualifications (required for Certificated courses): _____ How I heard about these programs: _____ Signed: _____ Date: _____	
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Please charge my credit card as follows: Card No: _____ / _____ / _____ / _____ VISA / MASTERCARD (circle).

Name on Card (block letters): _____ Expiry Date on Card: ____ / ____ / ____ Amount: \$ _____

Cardholder's Signature: _____ Date: _____

Registration notes

Places are restricted on all events. Closing date for registrations is **beginning of Stage I study for Certificate courses or 2 weeks before short workshops**, (enrolments may be accepted after those dates: check before sending registration). If registration cancelled prior to closing date, fees will be refunded; after closing date enrollee may propose a suitable replacement person if time. In all cases an admin. deduction will apply. See full policy on website.

Venues (details on website)

Whanganui: The Grand Hotel
Cnr St Hill & Guyton Street
Dunedin: Mercure Hotel
310 Princes Street
Rotorua: Millennium Hotel
Cnr Eruera & Hinemaru Streets

Presenters



Wayne Froggatt

Dip. Soc. Wk, CQSW, MAN-ZASW, Cert. Adult Teaching; Assoc. Fellow, Albert Ellis Institute; Fellow, AREBT; Certified

REBT Supervisor; Lecturer, Eastern Institute of Technology; Exec. Director, New Zealand Centre for Rational Emotive Behaviour Therapy & Centre for Cognitive Behaviour Therapy; author of *Choose to be Happy* and seven other self-help books and professional texts.



Shane Stevenson

Registered Psychologist, Child & Adolescent Mental Health Service Greymouth, specialising in the treatment of children

with a range of mental health issues. Accredited provider of the Triple P Positive Parenting Programme.



Kirsty Freeman

Reg. Senior Clinical Psychologist, Doctorate in Clinical Psychology, BSc. (Hons) Psychology, PG Cert in Teaching and Learning for Health Professionals.

Clinical experience in mental health and with chronic and life-limiting physical conditions. Trained through the Centre for Mindfulness Research and Practice at Bangor University, UK, she has conducted research and published on mindfulness and presented training courses for a range of professionals.

TRY OUT

the interactive computer-based multi-media/video learning tool

www.rational.org.nz/prof/training/CD.htm

Primary Certificate in REBT

(Wayne Froggatt)

The beginning qualification in Rational Emotive Behaviour Therapy. You will learn about:

- what creates emotions & motivates behaviour
- how to identify and modify dysfunctional thinking
- the *process* of therapy
- specific *techniques* to achieve rapid, lasting change
- how to apply REBT to specific problems.

Stage I - Preparation (6 weeks): reading and individual exercises on REBT theory using a text/manual and a new interactive multimedia/video CD programme the Centre is introducing this year (see website for a sample you can try out).

Stage II - Practicum (4 days): Applying theory to practice: lectures, discussions, live demonstrations, small group & supervised practice.

Stage III - Follow-up & Assessment: Final reading, practice & preparation of the final assessment.

For detailed information see website. Fee includes set text & multimedia/video disk. Limited to 12 trainees.

Primary Certificate in CBT with Children & Adolescents

(Shane Stevenson)

This course will provide tools and techniques for utilising CBT with young people, primarily addressing work with children but including younger adolescents. Topics covered will include basic concepts of CBT, why we need to adapt it for children & adolescents, how to introduce them to CBT, a range of behavioural and cognitive strategies, family involvement in therapy, behavioural problems and parenting techniques, and specific disorders relevant to younger people, including OCD, selective mutism, specific phobias, generalised anxiety etc. *Stage I:* pre-reading. *Stage II:* a 3-day practicum combining learning with skills practice. *Stage III:* further reading, practice with clients and preparation of final assessment.

For detailed information see website. Fee includes set text. Limited to 12 trainees.

CBT with Children & their Families

(Shane Stevenson)

This one-day workshop will review a number of tools and techniques for adapting and utilising CBT for children; from, in particular, the work of March and Mulle, Kendall, Friedberg and McClure, Stallard; and Sanders, Ralph and Church. It will emphasise a behavioural focus more relevant to children, including reinforcement schedules, behaviour charts, behavioural rehearsal, exposure tasks and response prevention; but will also explore cognitive techniques such as thought restructuring and stopping. Some time will be spent focusing on anxiety issues.

The workshop will provide an opportunity for participants to both familiarise themselves with the resources available and practise some of the techniques.

The workshop is aimed mainly at practitioners who are either new or relatively new to working with children using CBT, but who have some therapeutic understanding and training.

CBT with Clients Reacting to Traumatic Events

(Wayne Froggatt)

Occasionally, events or circumstances that are out of the ordinary may temporarily overwhelm our coping resources. For some people, the stressful feelings do not subside and may develop into post-traumatic stress disorder. This workshop will show how Cognitive Behaviour Therapy can be used to help clients who have developed ongoing traumatic reactions in response to natural disasters, assault, prolonged abuse and other unusually-stressful events.

Participants will learn how to: recognise PTSD and distinguish it from functional short-term stress reactions, assess the appropriateness of intervention (does the client need therapy or just support?), identify predisposing factors that may keep an individual at risk, collaboratively develop a treatment plan designed to treat the existing condition, help the client to preventively develop skills to avoid a recurrence, implement the plan using a range of cognitive-behavioural techniques and know when to terminate treatment.

A variety of CBT techniques will be covered, including thought-recording, analysis of predisposing beliefs, reframing, graduated exposure (imagery & in-vivo) and others. Cognitive factors commonly involved in traumatic reactions will be addressed, including safe-world beliefs, vulnerability, self-blame & competence, trust, the search for meaning, 'needs' for fairness and order, acceptance of reality and so on.

Participants will receive a comprehensive book of readings including client handouts.

Strategies for Chronic & Resistant Depression

(Wayne Froggatt)

Although depression can be a serious and disabling problem, treatment is usually straightforward using standard cognitive-behavioural strategies. Unfortunately, for some clients depression becomes a chronic, repetitive condition which is resistant to treatment.

This workshop will provide a refresher on the basics of using CBT to treat depression (e.g. behavioural activation, increasing motivation, problem-solving, daily thought records), then show how the standard techniques can be enhanced to break through the blocks to their use with more difficult depressions. Topics to be addressed include motivation, negative expectations of therapy, secondary gains for remaining unwell, dysthymia, homework compliance, problems with the therapeutic relationship, discomfort disturbance, secondary emotional disturbance, avoidance behaviour and thoughts resistant to change.

Participants will receive a book of readings that will include forms and client handouts for reproduction.

Easing Distress in a Mindful Way: Introduction to the theory & practice of mindfulness

(Dr. Kirsty Freeman)

Mindfulness has been around for centuries in the East, but has only recently been incorporated into mainstream psychological treatments in the West. It is attracting increasing popularity due to a developing evidence base demonstrating its efficacy as a way of easing distress and enhancing well-being, with a broad range of applications to many common forms of psychological difficulty encountered by our clients (and ourselves!).

This one-day workshop will provide an introduction to mindfulness that will be both knowledge-based and experiential. Topics will include: the theoretical bases of mindfulness-based approaches, how mindfulness is incorporated into modern day therapies: Mindfulness-Based Cognitive Therapy and Dialectical Behaviour Therapy, and the psychological mechanisms underlying mindfulness and the process by which it facilitates effective distress management.

Participants will have the opportunity to experience some formal and informal mindfulness practices that can be offered to a wide range of clients, including those with depression, anxiety and physical conditions. This practice will enable participants to reflect on their relevance to personal and professional uses of mindfulness.

This introductory-level workshop will give participants a taste of how to develop mindfulness for themselves, cultivate a more mindful presence in therapy and build a theoretical frame of reference derived from the mindfulness literature and research.

Enrollees will receive a small mindfulness task to be carried out beforehand, so that they can bring some reflective material to work with during the workshop.

There is more information for all events on the website at: www.rational.org.nz/training

TIP: why not photocopy the enrolment form on the front, then pass this brochure along to a colleague?