

CBT 2010

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.



May Wellington

Primary Certificate in REBT: practicum Mon-Thu 24-27 May
Workshop - Anxiety Disorders: Fri 28 May
Workshop - Mindfulness: Sat-Sun 29-30 May

August Hamilton

Workshop - Anxiety Disorders: Sat 21 Aug
Workshop - CBT with Children & their Families: Sun 22 Aug
Primary Certificate in REBT: practicum Mon-Thu 23-26 Aug

November Christchurch

Workshop - Anxiety Disorders: Fri 5 Nov
Primary Certificate in REBT: practicum Sat-Tue 6-9 Nov
Workshop - CBT with Children & their Families: Wed 10 Nov
Workshop - Mindfulness: Thu-Fri 11-12 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 COURSE provides 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.

NEW: Interactive computer-based multi-media/video learning tool for the Primary Certificate course



1 Read registration information & refund policy overleaf	3 Circle number under relevant venue below:																				
2 Insert cost alongside each event for which you are registering	<table border="1"> <thead> <tr> <th></th> <th>WGTON</th> <th>HAMILT</th> <th>CHCH</th> </tr> </thead> <tbody> <tr> <td>Primary Cert. REBT</td> <td>1001WN</td> <td>1001HM</td> <td>1001CH</td> </tr> <tr> <td>WShop: Anxiety Disorders</td> <td>1002WN</td> <td>1002HM</td> <td>1002CH</td> </tr> <tr> <td>WShop: CBT with Children</td> <td></td> <td>1003HM</td> <td>1003CH</td> </tr> <tr> <td>WShop: Mindfulness</td> <td>1004WN</td> <td></td> <td>1004CH</td> </tr> </tbody> </table>		WGTON	HAMILT	CHCH	Primary Cert. REBT	1001WN	1001HM	1001CH	WShop: Anxiety Disorders	1002WN	1002HM	1002CH	WShop: CBT with Children		1003HM	1003CH	WShop: Mindfulness	1004WN		1004CH
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All costs already have GST of 12.5% included (GST# 96-419-732)																					
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 credit</u> , contact the Centre																					

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: _____

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)

Wellington: Mercure Hotel, The Terrace.

Hamilton: Ambassador Motor Lodge, Ulster Street.

Christchurch: Christchurch Community House, Hereford Street.

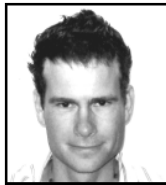
Presenters



Wayne Froggatt,

Dip.Soc.Wk, CQSW, MANZASW, 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.



Rhian Evans,

BSc (Hons), MSc. Registered Psychologist. Specialities: work with offender populations, motivational interviewing, emotion regulation,

modification of problematic behaviours and group therapy.

Primary Certificate In REBT

(Wayne Froggatt)

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

- what creates emotions and 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.

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 and multimedia/video disk.

Limited to 12 trainees.

Using CBT with Children & their Families

(Shane Stevenson)

This 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 and, specifically, obsessive compulsive disorder.

The workshop will provide an opportunity for the presenter to share some of his learning and experiences in order to generate discussion and learning for participants, who will have the opportunity 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.

Mindfulness

(Rhian Evans)

Acceptance based interventions are now being referred to as third wave psychology and, when combined with cognitive based interventions, show consistently impressive results, even with so called 'treatment resistant' clients. This workshop will cover both the theory and practice of one of the most effective acceptance based interventions: mindfulness. Within the context of Dialectical Behaviour Therapy (DBT) and Mindfulness Based Cognitive Therapy (MBCT), participants will learn the underlying principles, theoretical elements and techniques involved in using mindfulness. In other words, what mindfulness is, how it works and how to use it.

The effectiveness of mindfulness has been demonstrated with a wide range of problems relating to dysfunctional thoughts, emotions and behaviours. This includes anxiety, depression, personality disorders, chronic pain management, substance abuse, eating disorders, relationship problems, and violent and general offending.

Participants at this workshop will learn the psychological theories underlying mindfulness, and have the opportunity to experience mindfulness for themselves.

Cognitive-Behavioural Treatment of Anxiety

(Wayne Froggatt)

This interactive workshop will illustrate how CBT can be used to help clients with anxiety problems. After outlining the main DSM-IV categories of anxiety, participants will learn a range of CBT strategies and techniques that can be used with anxiety disorders. These 'building blocks' will then be applied to a selection of anxiety conditions, such as:

- generalised anxiety
- panic
- agoraphobia
- specific phobias
- social phobia
- obsessive-compulsive disorder
- health anxiety

Participants will receive a copy of *The Rational Treatment of Anxiety*, a comprehensive text outlining cognitive-behavioural approaches to the key anxiety disorders listed in DSM IV.

There is much 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?