



Dr. Michela David is a Psychologist on the Mood Disorders Research and Treatment Service at Providence Care, Mental Health Services in Kingston, Ontario. She is a registered member of the College of Psychologists of Ontario, and a Diplomate of the Academy of Cognitive Therapy. As a clinician she spends much of her time engaged in the treatment of severe mood disorders, with a focus on cognitive therapy.

Dr. David is an Adjunct Assistant Professor of Psychology and Psychiatry at Queen's University. She is an experienced teacher and workshop presenter, and has won awards for both clinical supervision and teaching. Her courses and workshops have been presented across Canada, with excellent reviews. Some comments from previous course attendees:

- Presenter was knowledgeable and caring – poised and eloquent
- Dynamic
- Practical
- Exceptionally organized
- Fabulous learning experience

Learning Objectives:

After this course, participants will:

- recognize the benefits of CBT groups
- be able to identify important aspects of group set-up
- be able to identify and rectify common CBT group therapist mistakes
- be aware of techniques to make CBT groups more collaborative
- be familiar with Yalom's process factors and how they are applied in a CBT group setting
- be familiar with techniques to effectively deal with and learn from empathic breaks
- know how to apply common CBT tools in a group setting

Who Should Attend

- Mental health professionals, including psychologists, social workers, psychiatric nurses, occupational therapists, psychiatrists and family physicians, or graduate students / residents with clinical experience and good therapeutic skills.
- Clinicians who wish to advance their skills in using cognitive behavioural therapy in a group setting.
- Prerequisite: *Fundamentals of Cognitive Behavioural Therapy: A Balanced Approach*, or similar introductory course and some familiarity with group therapy is strongly recommended.

For more information:

www.micheladavid.com

Cognitive Behavioural Therapy Skills for Groups:

Making Your Group Collaborative and Effective

A Two-Day Course with
Michela David, Ph.D., C.Psych.



Outdoor Centre
Little Cataraqui Creek
Conservation Area,
Division Street (Perth Road),
Kingston, Ontario

Course Overview

This two-day course assumes a basic knowledge of cognitive behavioural therapy (CBT), as well as a general familiarity with group therapy. It explores the benefits of CBT in a group setting, as well as the application of specific CBT techniques, with a strong emphasis on the group process issues that can challenge even seasoned therapists. Includes discussion of group selection and set-up, capturing client strengths and resilience, tips for enhancing collaboration, and using common CBT tools and behavioural interventions in a group setting. Common therapist errors and dealing with challenges will be discussed. The format includes examples and demonstrations, small group role-plays and discussion, in a no-fault environment.

The course location is in Kingston, Ontario, at the Little Cataraqui Creek Conservation Area Outdoor Centre on Division Street (Perth Road) just north of Hwy 401. Plenty of free parking is available on site.

Please note that previous courses have filled up quickly, and that registration is limited to ensure interactive learning.

Course Outline

Topics

- Efficacy and Benefits of CBT groups
- Client Characteristics and Group Set-up
- Setting the Stage: The First Group Session
- Common CBT Group Therapist Mistakes
- Yalom's Process Factors applied to CBT Groups
- Tips for Balancing Structure and Bond
- Using Socratic Dialogue in a Group
- Learning from Empathic Breaks and Challenges
- Tools for Cognitive Change: thought records and underlying assumption work
- Behavioural Strategies in Group
- Incorporating Group Feedback
- Incorporating Client Strengths and Relapse Prevention Techniques

Schedule (both days)

- 8:30** Doors open / Registration (coffee and tea)
- 9:00 - 12:00** Morning session (refreshment break at 10:30)
- 12:00 - 1:00** Lunch (included)
- 1:00 - 4:00** Afternoon session (refreshment break at 2:30)

Registration Information

Registration Fees:

	Early	Late
Regular Rate	TBD	TBD
Group Rate	TBD	TBD
Resident Rate	TBD	TBD
Student Rate	TBD	TBD

Notes:

The group rate applies to a group of 5 or more registering together at the regular (non-student) rate.

The Student Rate is for full-time students.

HOW TO REGISTER:

Please see Registration form for details, or go to "Upcoming Courses" at www.micheladavid.com

Cancellation Policy: Please Note

If you cannot attend you may send someone else in your place. Please notify us of the name of the person attending. If you cancel 2 weeks or more before the course you will receive a refund minus a \$50 administration fee. If you cancel less than 2 weeks before the course date there will be no refund.

Inquiries:

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