



Dr. Michela David is a Psychologist in Kingston, Ontario. She is a registered member of the College of Psychologists of Ontario, and a certified 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 received excellent reviews. Some comments from previous course attendees:

- *Wonderful presenter. I would recommend her to anyone*
- *A springboard for my practice*
- *Fabulous presenter. Clear, professional and personable.*
- *Stimulating and practical*
- *Wonderful course. Loved every minute of it.*
- *Michela's passion for CBT is palpable. A rich and extremely worthwhile workshop.*

Learning Objectives

After this course participants will:

- be able to apply important elements of cognitive case conceptualization, including the five-part model .
- utilize thought records effectively and overcome common stuck points.
- be familiar with basic schema change techniques, including continuum work and positive data logs.
- have basic skills in Socratic dialogue, and be familiar with useful Socratic questions.
- recognize the usefulness of behavioural experiments, and be able to set them up effectively.
- Understand applications of the three levels of thought and be able to give examples of each

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 clinical setting.
- Prerequisite: **Fundamentals of Cognitive Behavioural Therapy: A Balanced Approach**, or similar introductory course and/or some experience with cognitive therapy is strongly recommended.

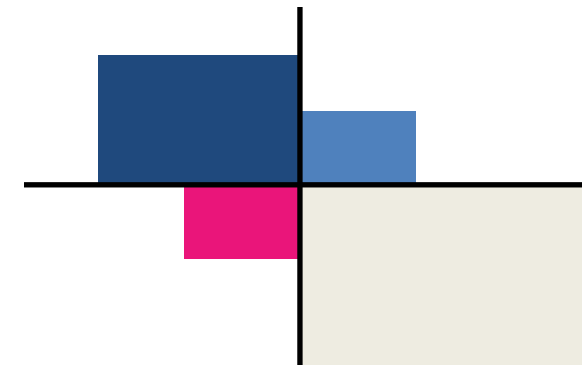
A Note to Participants:

The manual ***Mind over Mood: Changing How You Feel by Changing the Way You Think. (Edition 1 or 2)*** by Dennis Greenberger and Christine Padesky will be referred to often during this course. While it is not necessary to purchase a copy, some previous participants found it helpful to know about the book in advance.

Intermediate Cognitive Behavioural Therapy Techniques: Building on the Fundamentals

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

May 9 & 10, 2016



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

Course Overview

This course takes an in-depth look at thought record challenges and case examples, and introduces deeper levels of thinking in the form of underlying assumptions and core beliefs / schemas. Behavioural techniques include the use of activity schedules to encourage behavioural change, and the set-up and debriefing of behavioural experiments. Interventions are linked to effective case conceptualization. Skills in Socratic dialogue are developed and emphasized throughout. The course includes demonstrations and small group role-plays, with an emphasis on experiential learning and group 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). 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

8:30	Doors Open / Registration	DAY ONE
9:00	The Art of Socratic Dialogue; Role-play and Discussion	
10:30	Refreshment Break	
10:45	Cognitive Case Conceptualization; Five-Part Model Case Application	
12:00	Lunch provided on site	
1:00	Activity Schedules; Video Demonstration; Discussion	
2:30	Refreshment Break	
2:45	Behavioural Experiments	
4:00	End of Day 1	

8:30	Doors Open	DAY TWO
9:00	Debriefing Experiments; Innovations and Applications	
10:30	Refreshment Break	
10:50	Thought Record Challenges; Interactive Case Applications	
12:00	Lunch provided on site	
1:00	Introduction to Schema Identification and Change Techniques; Continuum Method; demonstration	
2:30	Refreshment Break	
2:45	Positive Data Logs; Pulling it all Together; Next Steps	
4:00	End of Day 2	

Registration Information

Registration Fees:

by April 25/16 after April 25/16

Regular Rate	\$360	\$410
Group Rate	\$310	\$360
Resident Rate	\$275	\$325
Student Rate	\$250	\$300

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.
- Lunch and two refreshment breaks are included in the fee.

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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or

613-484-5203