



Dr. Michela David is a Psychologist 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 presenter and has won awards for both clinical supervision and teaching. Her courses have received excellent reviews. Some comments from previous attendees:

- *Presenter was knowledgeable and caring - poised and eloquent, dynamic*
- *I wanted a fundamentals course and this was perfect!*
- *Clear and concise*
- *Very informative*
- *Beautifully presented with interest and enthusiasm*
- *Great learning experience*
- *So worthwhile!*
- *Strong, interesting presenter with a great deal of knowledge and skill*

Learning Objectives

- Identify the important elements of cognitive case conceptualization, including the five-part model and its applications.
- Increase basic theory and practical knowledge of cognitive therapy structure and technique.
- Be able to apply some basic cognitive therapy techniques, particularly as applied to depression.
- Acquire basic skills in Socratic dialogue and empathic connection.
- Understand the essential elements of cognitive therapy that enhance the relationship between therapist and client.
- Learn to recognize therapist issues that can undermine therapeutic alliance.

Who Should Attend

- Mental health professionals, including psychologists, social workers, psychiatric nurses, occupational therapists, psychiatrists and family physicians, or graduate students / medical residents with clinical experience and good basic therapeutic skill.
- Clinicians who have an interest in using basic cognitive behavioural therapy techniques in a clinical setting.
- Previous experience with cognitive therapy is not necessary. Participants with CBT knowledge may find this practical approach helpful.

A Note to Participants:

The manual *Mind over Mood: Changing How You Feel by Changing the Way You Think* 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.

Fundamentals of Cognitive Behavioural Therapy: A Balanced Approach

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

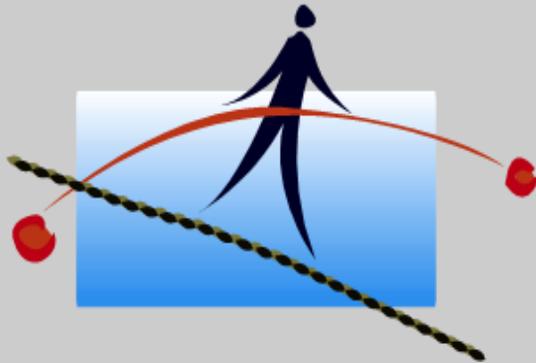
September 18 & 19, 2017



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

Course Overview

This two-day course offers a practical, hands-on approach to learning basic cognitive behavioural therapy skills, including thought records, the five-part model, agendas and Socratic dialogue. These techniques are applicable to the treatment of depression, anxiety and other mental disorders, including psychosis. The course includes demonstrations and small group role-plays, with an emphasis on experiential learning and group discussion. Join us to acquire some useful skills 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

9:00 Morning Session
(break at 10:30)

The Cognitive Model
Balancing Structure and Bond
Goal-Setting
Collaborative Agendas
Home Practice

12:00 Lunch provided on site

1:00 Afternoon Session
(break at 2:30)

Client Feedback
Tips for Writing Things Down
Socratic Dialogue Basics
Cognitive Case Conceptualization
Case Example

4:00 End of Day 1

Day One

8:30 Doors Open

9:00 Morning Session
(break at 10:30)

The Five-Part Model
Thought Record Skills
Beyond The Thought Record:
Applications to Personality
Disorders, Anxiety and Psychosis

12:00 Lunch provided on site

1:00 Afternoon Session
(break at 2:30)

Mending Empathic Breaks
Managing High Emotion
Self-Disclosure in CBT
Therapist Issues in CBT
Q&A; Helpful Websites;
Training; further Reading

4:00 End of Day 2

Day Two

Registration Information:

Registration Fees:

	by Sept 5/17	after Sept 5/17
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 registration fee.

How To Register:

Please see the Registration Form for details, or go to www.micheladavid.com and select the "Upcoming Courses" menu option.

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

More information:

www.micheladavid.com