



Essentials of Cognitive Behavioural Therapy - Level I: Learning CBT **Videoconference**

The Ottawa Institute of Cognitive Behavioural Therapy will be offering a 6-week course on CBT for health professionals. This course (Level I) will focus on teaching the essentials of CBT through a series of weekly experiential training sessions. Participants will learn to conceptualize client problems using the CBT model, individualize and develop collaborative treatment plans, and use cognitive re-appraisal, behavioural experiments and exposure-based treatment. Experientially-based exercises will be used to reinforce and practice core therapy skills.

This 6-week course will be offered Fridays from 9:00am to 12:00pm. The first lecture will take place on November 6, 2020. **All lectures will be provided by videoconference only. Places are limited.**

Topics:

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| Lecture #1 | November 6 | Overview of the main structure and components of cognitive behavioural therapy |
| Lecture #2 | November 13 | Introduction to the CBT model |
| Lecture #3 | November 20 | Behavioural activation |
| Lecture #4 | November 27 | Cognitive restructuring |
| Lecture #5 | December 4 | Behavioural experiments |
| Lecture #6 | December 11 | Introduction to exposure-based treatment |

Credits: This event has been approved for 18 Continuing Education Credits hours for members of the Canadian Counselling and Psychotherapy Association (CCPA).

Facilitator: Dr. Caitlin Claggett-Woods

Cost: \$600 + tax

For further information and to register please visit:

<https://excellenceinpractice.simplesignup.ca>

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