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**CELEBRATING**  
THE LAUNCH OF

**Bespoke**   
Mental Health  
— Canada —



**Online training delivered by global experts**  
in evidence-based psychological therapies

**CLICK HERE** to reserve a spot at the following live-streamed events



**Evidence-Based Insomnia Disorder Treatment for Adults with Depression & Anxiety**

**Dr. Colleen E. Carney**

Apr 21, 2023 | \$175.00

7:00am - 2:30pm (PST)  
10:00am - 5:30pm (EST)



**Developmental Milestones in the Treatment of Childhood Anxiety**

**Dr. Anne-Marie Albano**

May 26, 2023 | \$175.00

8:00am - 3:30pm (PST)  
11:00am - 6:30pm (EST)



**Moral Injury in PTSD**

**Dr. Jennifer Wild**

Jun 02, 2023 | \$60.00

12:00pm - 1:30pm (PST)  
3:00pm - 4:30pm (EST)



**The Relevance, Assessment, & Treatment of Death Anxiety in Mental Health Conditions**

**Dr. Rachel E. Menzies & Prof. Ross G. Menzies**

Jun 17 & 24, 2023 | \$175.00

1:00pm - 4:30pm (PST)  
4:00pm - 7:30pm (EST)

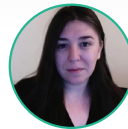


**Behavioural Experiments for Excessive Worry and GAD: Targeting the Fear of Uncertainty**

**Dr. Melisa Robichaud**

Sep 22, 2023 | \$100.00

9:00am - 12:30pm (PST)  
12:00pm - 3:30pm (EST)



**CBT for Depression: Why we so often fail**

**Dr. David A. Clark**

Oct 20, 2023 | \$100.00

10:00am - 1:30pm (PST)  
1:00pm - 4:30pm (EST)



**Responding Ethically and Effectively to Clients at Risk for Suicide**

**Dr. Derek Truscott & Dr. Jonathan Dubue**

Nov 03, 2023 | \$60.00

10:00am - 11:30am (PST)  
1:00pm - 2:30pm (EST)



**Cultural Adaptation of CBT**

**Dr. Farooq Naeem**

Dec 01, 2023 | \$60.00

11:00am - 12:30pm (PST)  
2:00pm - 3:30pm (EST)



**Strategies for Treating Comorbidity Among Anxiety-Related Disorders and Depression**

**Dr. Martin Antony**

Feb 09, 2024 | \$60.00

11:00am - 12:30pm (PST)  
2:00pm - 3:30pm (EST)



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**Cognitive Therapy for PTSD in children and young people** | **Dr. Richard Meiser-Stedman** | \$135.00

**Working Therapeutically with People Who Self Injure and Self-Harm** | **Dr. Andrew Reeves** | \$135.00

**Current Approaches to Improving Self Esteem** | **Dr. Reena Vohora** | \$135.00

**When Our Patients want CBT for Anxiety but...** | **Dr. Cory Newman** | \$75.00

**Process Based Therapy** | **Dr. Stefan Hofmann** | \$75.00

**Cognitive Therapy for Depression: Simple and Complex** | **Dr. Steve Hollon** | \$135.00

**Working with Complicated and Complex PTSD** | **Dr. Kerry Young** | \$135.00

**CBT for Chronic Loneliness: Theory and Practice** | **Dr. Roz Shafran** | \$45.00

**Cognitively Focused Treatment For OCD** | **Dr. Maureen Whittal** | \$135.00



**Use this coupon code to get 25% off when purchasing access to an event LAUNCH25\***

\*Terms and conditions apply. Expires: June 30th 2023.

All of our workshops and webinars are eligible for CE certification credits.

Bespoke Mental Health Canada is approved by the Canadian Psychological Association to offer continuing education for psychologists. Bespoke Mental Health Canada maintains responsibility for the program.



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