



## Centre for Clinical Interventions

• Psychotherapy • Research • Training

# Training Calendar 2019

Every year, the Centre for Clinical Interventions (CCI) offers a series of clinically relevant and practical workshops in evidence based psychotherapy. From the beginning therapist to the experienced clinician, the workshop series designed by the CCI team each year aims to provide a range of training experiences to extend participants' understanding and clinical practice.

Our introductory workshop (i.e., the **CBT Foundation Course**), is suitable for mental health practitioners with no previous experience of CBT. The CBT Foundation Course provides a good basis for completing other CCI workshops.

### CBT Foundation Course for Clinicians: Understanding & Applying the CBT model

Cognitive behaviour therapy (CBT) uses a combination of behavioural and cognitive principles in the treatment of clinical problems. CBT is an effective treatment for a broad range of clinical problems. This practical 2-day workshop will provide participants with...

- An introduction to the CBT model, its origins, and its application to formulation and treatment planning
- Experiential exercises, role-plays and group work to orient participants to the therapeutic style and techniques of CBT
- A set of key CBT skills that can be applied to a range of clinical problems
- A foundation for further training in the application of CBT to specific clinical problems

The other workshops (listed below) require some experience using CBT, and are designed to assist mental health practitioners to extend their CBT skills to working with particular clinical problems. Participants are required to have completed the CCI CBT Foundation Course or other formal CBT training prior to participating in these workshops.

### Working with Body Dysmorphic Disorder

For individuals with Body Dysmorphic Disorder (BDD), the appearance-related preoccupations and behaviours (e.g. mirror-checking, grooming) far exceed the physical appearance concerns experienced by most people from time to time. BDD commonly co-occurs with disorders such as depression and social anxiety disorder, and individuals with eating disorders may report appearance concerns that meet criteria for a comorbid diagnosis of BDD. While attempts to resolve these appearance concerns through cosmetic procedures tend to be ineffective, evidence-based treatments such as CBT have been shown to be effective for managing BDD. This 1-day workshop will provide participants with...

- An introduction to BDD, and
  - A clear formulation and treatment plan for working with BDD
  - The opportunity to observe and practice treatment strategies for reducing appearance preoccupation; testing appearance-related predictions through the use of behavioural experiments; and adjusting appearance-related beliefs and assumptions.
- **Introduced to the CCI workshop series in 2018, this workshop is a useful resource for clinicians working with individuals with Eating Disorders, Social Anxiety, and significant body images concerns.**

### Working with Low Self-Esteem

Clients commonly present with difficulties of which 'low self-esteem' may be an important feature. Knowing when and how to tackle the seemingly fixed negative view clients can hold of themselves, is a challenge that most clinicians will face in therapy. This practical 2-day workshop will provide participants with...

- A clear understanding of low self-esteem, plus when and how to target it in treatment
- A comprehensive model of low self-esteem development and maintenance to guide treatment
- Instruction, practice and observation of the delivery of a comprehensive CBT intervention for low self-esteem, inclusive of strategies such as thought challenging, behavioural experiments, positive qualities, compassion-focused imagery and constructing new balanced core beliefs via positive imagery.

## Enhanced CBT for Eating Disorders

CCI has an established specialist community-based psychological service for youth and adults with eating disorders. We deliver Enhanced Cognitive Behaviour Therapy (CBT-E), an evidence-based treatment used to treat the spectrum of eating disorders. This practical 2-day workshop will provide participants with...

- An overview of the issues relevant to treating people with eating disorders
- A comprehensive overview of CBT-E
- An understanding of how the trans-diagnostic approach of CBT-E can be used with the full range of eating disorders seen in clinical practice
- Demonstrations of behavioural & cognitive interventions used in CBT-E

## Imagery-Enhanced CBT for Social Anxiety Disorder

Social anxiety disorder is one of the most common and debilitating anxiety disorders, and CBT is the treatment of choice. Imagery has also been proposed to be a modality of intervention that can increase the emotional impact of CBT. With this in mind, CCI has developed an Imagery-Enhanced CBT for social anxiety, and has demonstrated the increased effectiveness of this program compared to more traditional 'verbal' modes of CBT delivery. This practical 2-day workshop will provide participants with...

- A clear CBT formulation and treatment plan for social anxiety disorder
- An understanding of how to enhance the impact of each treatment component via the use of imagery in CBT
- The opportunity to observe and practice treatment strategies such as: restructuring negative social images, behavioural experiments to test negative social images, identifying and reducing safety behaviours, novel techniques for correcting negative self-perceptions (e.g. video-feedback), "shame attacking" exercises, attention training, coping imagery, imagery scripting and positive imagery

## Working with Procrastination

Procrastination is a trans-diagnostic problem that is highly prevalent in clinical practice, and can be frustrating for both client and therapist. It can present as a behavioural aspect of a psychiatric disorder (i.e., depression, anxiety, etc.) or a stable and chronic problem in its own right that can reflect ones personality style. This practical 1-day workshop will provide participants with...

- A greater understanding of procrastination and when to target it in treatment
- A framework for formulating procrastination and planning treatment
- Practice in specific treatment strategies such as dismissing excuses, practical strategies to enable taking action, methods for tolerating discomfort, and adjusting unhelpful rules and assumptions that underlie procrastination

Training	Training Dates for 2019	Close of Registration
CBT Foundation Course for Clinicians (2-day)	Tue 5 <sup>th</sup> & Wed 6 <sup>th</sup> Mar 2019	Thu 14 <sup>th</sup> Feb 2019
CBT Foundation Course for Clinicians (2-day)	Thu 11 <sup>th</sup> & Fri 12 <sup>th</sup> Apr 2019	Thu 21 <sup>st</sup> Mar 2019
Working with Body Dysmorphic Disorder (1-day)	Wed 22 <sup>nd</sup> May 2019	Thu 2 <sup>nd</sup> May 2019
Working with Low Self-Esteem (2-day)	Wed 19 <sup>th</sup> & Thu 20 <sup>th</sup> Jun 2019	Thu 30 <sup>th</sup> May 2019
Enhanced CBT for Eating Disorders: CBT-E (2-day)	Wed 24 <sup>th</sup> & Thu 25 <sup>th</sup> Jul 2019	Thu 4 <sup>th</sup> Jul 2019
CBT Foundation Course for Clinicians (2-day)	Thu 29 <sup>th</sup> & Fri 30 <sup>th</sup> Aug 2019	Thu 8 <sup>th</sup> Aug 2019
Imagery-Enhanced CBT for Social Anxiety Disorder (2-day)	Thu 26 <sup>th</sup> & Fri 27 <sup>th</sup> Sep 2019	Thu 5 <sup>th</sup> Sep 2019
Working with Procrastination (1-day)	Wed 23 <sup>rd</sup> Oct 2019	Thu 3 <sup>rd</sup> Oct 2019
CBT Foundation Course for Clinicians (2-day)	Tue 26 <sup>th</sup> & Wed 27 <sup>th</sup> Nov 2019	Thu 7 <sup>th</sup> Nov 2019

**All workshops are held at CCI (223 James Street, Northbridge, Western Australia, 6003)**

	Cost	start/end times
1-day workshop:	\$154.00 (incl GST)	9.00am to approx. 4:30pm
2-day workshop:	\$275.00 (incl GST)	9.00am to approx. 4:30pm

**Registration forms are available via the CCI website: <https://www.cci.health.wa.gov.au/Training/Register-for-Training>**

**For further information about CCI training workshops:**  
Contact **Alice Martins**: (08) 9227 4399 or [info.cci@health.wa.gov.au](mailto:info.cci@health.wa.gov.au)  
Or check out our website: <https://www.cci.health.wa.gov.au/>

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