



# Training Calendar 2020 (Updated 18 June 2020)

*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.**

## Enhanced CBT for Eating Disorders

CCI has an established specialist community-based psychological service for youth and adults with eating disorders. One of the leading evidence-based treatments for eating disorders is Enhanced Cognitive Behaviour Therapy (CBT-E), and 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

## Applying CBT to Bipolar Disorder

The treatment of choice for bipolar disorder is medication. However, people with bipolar disorder face unique psychosocial issues that are not addressed by pharmacotherapy alone. For almost two decades, CCI has been providing individual and group based adjunctive psychosocial treatment for people with bipolar disorder. This 1-day workshop will provide participants with...

- An increased awareness of the unique treatment issues for people with bipolar disorder
- Practical strategies for working individually with people with bipolar disorder
- Instruction in the delivery of a module-based individual psychosocial treatment for bipolar disorder
- A comprehensive manual to support the bipolar intervention

## Working with Worry & Rumination

Have you ever experienced the problem of working with a “worrier” in therapy on a specific worry, only to find that once it has been resolved a new worry pops up? Worry and rumination (i.e., repetitive negative thinking) are key cognitive processes that maintain many psychiatric conditions. Effective treatments have been developed that follow a ‘meta-cognitive’ approach. That is, tackling the negative and positive beliefs one holds about worry and rumination, rather than getting caught up in challenging each specific worry. This practical 2-day workshop will provide participants with...

- A clear formulation and treatment plan for working with worry and rumination, that can be applied regardless of diagnosis
- An understanding of the distinction between cognition and metacognition, and the central role of metacognition in maintaining worry and rumination
- The opportunity to observe and practice specific strategies to treat the key metacognitive maintaining factors of worry and rumination (i.e., metacognitive challenging, metacognitive behavioural experiments, attention training, etc.)

## Working with Clinical Perfectionism

Although having high standards is often thought of as a positive attribute, having a self-worth dependent on a relentless pursuit of unrealistically high standards can leave clients vulnerable to a range of psychological difficulties. As such, clinical perfectionism is a trans-diagnostic problem relevant to a diverse range of client presentations. This 1-day workshop will provide participants with...

- A clear understanding of what is helpful and unhelpful about being a perfectionist
- A clear formulation and treatment planning model that illustrates the self-reinforcing cycle of perfectionism
- Observation and practice of treatment strategies for helping clients to reduce their perfectionism

## Important Dates (Updated 18 June 2020 – revised dates)

Training	Training Dates for 2020	Close of Registration
Working with Worry & Rumination (2-day) **	Tue 28 <sup>th</sup> & Wed 29 <sup>th</sup> Jul 2020	Tue 14 <sup>th</sup> Jul 2020
CBT Foundation Course for Clinicians (2-day) **	Thu 27 <sup>th</sup> & Fri 28 <sup>th</sup> Aug 2020	Fully booked
Enhanced CBT for Eating Disorders: CBT-E (2-day) **	Mon 31 <sup>st</sup> Aug & Tue 1 <sup>st</sup> Sep 2020	Thu 13 <sup>th</sup> Aug 2020
Applying CBT to Bipolar Disorder (1-day)	Wed 23 <sup>rd</sup> Sep 2020	Thu 3 <sup>rd</sup> Sep 2020
Working with Clinical Perfectionism (1-day)	Thu 29 <sup>th</sup> Oct 2020	Thu 8 <sup>th</sup> Oct 2020
CBT Foundation Course for Clinicians (2-day) **	Wed 25 <sup>th</sup> & Thu 26 <sup>th</sup> Nov 2020	Thu 5 <sup>th</sup> Nov 2020

\*\* Limited places available

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

	Cost	start/end times
1-day workshop:	\$160.00 (incl GST)	9.00am to approx. 4:30pm
2-day workshop:	\$286.00 (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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