



# CCI Training Calendar 2025

Every year, the Centre for Clinical Interventions (CCI) offers a series of clinically relevant and practical workshops in evidence-based psychological therapy. 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 CBT 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.

## CBT for Eating Disorders

*(Level: Prior CBT knowledge desirable, but not essential)*

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 Cognitive Behaviour Therapy for Eating Disorders. This practical 2-day workshop will provide participants with...

- An overview of the primary issues relevant to treating people with eating disorders;
- A comprehensive overview of CBT for eating disorders;
- An understanding of how CBT can be used with a range of eating disorders seen in clinical practice;
- Demonstrations of behavioural & cognitive interventions used in CBT for eating disorders.

**The other workshops (listed below) require some experience using CBT, and they 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.**

## NEW CCI Workshop!

### Exposure to Exposure: Taking the fear out of Exposure Therapy

Exposure therapy is an evidence-based treatment that is often recommended as first-line for a range of psychological disorders, including anxiety disorders, OCD, and PTSD. Despite its effectiveness, exposure treatments are under-utilised, and clinicians encounter a range of barriers to implementing exposure in practice. This 1-day workshop will provide participants with...

- A trans-diagnostic theoretical rationale for using exposure therapy;
- Observation and practice of exposure techniques such as in-vivo exposure, interoceptive exposure, imaginal exposure, and exposure and response prevention (ERP);
- Opportunities to identify and troubleshoot barriers to using exposure with clients.

## Confidently Using CBT for 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 over 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 set of handouts and worksheets to support the bipolar intervention
- 

## 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.
- 

## Advances in 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. For many years, CCI has been providing individual and group based CBT for individuals with social anxiety. In recent years, CCI has published outcomes of a randomised control trial demonstrating the effectiveness of our novel CBT protocol for social anxiety, which showed treatment outcomes comparable to the largest effects seen in the literature for this population. 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 (e.g., using imagery techniques);
  - 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), cost-testing exercises, attention training, coping imagery, imagery rescripting, and positive imagery.
- 

## Targeting Metacognitions in 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.)
- 



## IMPORTANT DATES

Training	Training Dates for 2025	Close of Registration
CBT Foundation Course for Clinicians (2-day)	Mon 10 <sup>th</sup> & Tue 11 <sup>th</sup> Mar 2025	Thu 13 <sup>th</sup> Feb 2025
Confidently Using CBT for Bipolar Disorder (1-day)	Wed 2 <sup>nd</sup> Apr 2025	Thu 13 <sup>th</sup> Mar 2025
Working with Clinical Perfectionism (1-day)	Fri 2 <sup>nd</sup> May 2025	Thu 10 <sup>th</sup> Apr 2025
Exposure to Exposure (1-day)	Mon 26 <sup>th</sup> May 2025	Thu 1 <sup>st</sup> May 2025
Advances in CBT for Social Anxiety Disorder (2-day)	Mon 23 <sup>rd</sup> & Tue 24 <sup>th</sup> Jun 2025	Thu 29 <sup>th</sup> May 2025
CBT Foundation Course for Clinicians (2-day)	Wed 30 <sup>th</sup> & Thu 31 <sup>st</sup> Jul 2025	Thu 3 <sup>rd</sup> Jul 2025
Targeting Metacognitions in Worry & Rumination (2-day)	Mon 25 <sup>th</sup> & Tue 26 <sup>th</sup> Aug 2025	Thu 31 <sup>st</sup> Jul 2025
CBT Foundation Course for Clinicians (2-day)	Mon 22 <sup>nd</sup> & Tue 23 <sup>rd</sup> Sep 2025	Thu 28 <sup>th</sup> Aug 2025
CBT for Eating Disorders (2-day)	Mon 3 <sup>rd</sup> & Tue 4 <sup>th</sup> Nov 2025	Thu 9 <sup>th</sup> Oct 2025

**Workshops are usually held at CCI (223 James Street, Northbridge, Western Australia, 6003).**

**All our workshops are currently delivered in Western Australia only.**

	Cost	Start/End times
1-day workshop:	<b>\$210.00</b> (incl GST)	9.00am to approx. 4:30pm
2-day workshop:	<b>\$350.00</b> (incl GST)	9.00am to approx. 4:30pm

**REGISTRATIONS for 2025 workshops will open from Monday 13<sup>th</sup> January 2025 – registration link via <https://www.cci.health.wa.gov.au/Training/Register-for-Training>**

**For further information about CCI training workshops:**

Please email: [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/>

