



CCI Training Calendar 2021

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

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 one's 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

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
- 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.

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. CCI recently 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.

IMPORTANT DATES

| Training | Training Dates for 2021 | Close of Registration |
|---|---|-------------------------------|
| CBT Foundation Course for Clinicians (2-day) | Tue 23 rd & Wed 24 th Feb 2021 | Thu 4 th Feb 2021 |
| Enhanced CBT for Eating Disorders: CBT-E (2-day) | Thu 25 th & Fri 26 th Mar 2021 | Thu 4 th Mar 2021 |
| CBT Foundation Course for Clinicians (2-day) | Tue 4 th & Wed 5 th May 2021 | Thu 15 th Apr 2021 |
| Working with Procrastination (1-day) | Mon 31 st May 2021 | Thu 13 th May 2021 |
| Working with Body Dysmorphic Disorder (1-day) | Tue 15 th Jun 2021 | Thu 27 th May 2021 |
| CBT Foundation Course for Clinicians (2-day) | Mon 9 th and Tue 10 th Aug 2021 | Thu 22 nd Jul 2021 |
| Advances in CBT for Social Anxiety Disorder (2-day) | Thu 16 th & Fri 17 th Sep 2021 | Thu 26 th Aug 2021 |
| CBT Foundation Course for Clinicians (2-day) | Thu 18 th & Fri 19 th Nov 2021 | Thu 28 th Oct 2021 |

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 |

Stay tuned: Register *ONLINE* via the CCI website - registrations will open on Mon 11th Jan 2021

For further information about CCI training workshops:

Please email: info.cci@health.wa.gov.au or check out our website: <https://www.cci.health.wa.gov.au/>

