



CCI Training Calendar 2022

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

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). 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-E
- An understanding of how the trans-diagnostic approach of CBT-E can be used with a range of eating disorders seen in clinical practice
- Demonstrations of behavioural & cognitive interventions used in CBT-E

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.

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 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 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 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.

IMPORTANT DATES

Training	Training Dates for 2022	Close of Registration
CBT Foundation Course for Clinicians (2-day)	Thu 24 th & Fri 25 th Feb 2022	Thu 3 rd Feb 2022
CBT Foundation Course for Clinicians (2-day)	Mon 28 th & Tue 29 th Mar 2022	Thu 10 th Mar 2022
Enhanced CBT for Eating Disorders: CBT-E (2-day)	Wed 4 th & Thu 5 th May 2022	Thu 14 th Apr 2022
Applying CBT to Bipolar Disorder (1-day)	Wed 8 th Jun 2022	Thu 19 th May 2022
CBT Foundation Course for Clinicians (2-day)	Thu 4 th & Fri 5 th Aug 2022	Thu 14 th Jul 2022
Working with Worry & Rumination (2-day)	Mon 5 th and Tue 6 th Sep 2022	Thu 18 th Aug 2022
Working with Low Self-Esteem (2-day)	Thu 20 th & Fri 21 st Oct 2022	Thu 29 th Sep 2022
CBT Foundation Course for Clinicians (2-day)	Tue 15 th & Wed 16 th Nov 2022	Thu 20 th Oct 2022

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

	Cost	start/end times
1-day workshop:	\$190.00 (incl GST)	9.00am to approx. 4:30pm
2-day workshop:	\$300.00 (incl GST)	9.00am to approx. 4:30pm

Registrations OPEN on Mon 10th Jan 2022

To register, download the 2022 Registration form via the CCI website

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/>

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