



CCI Training Calendar 2023

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

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.

Level: Prior CBT knowledge desirable, but not essential

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.

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.



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.

Working with 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.

IMPORTANT DATES

Training	Training Dates for 2023	Close of Registration
CBT Foundation Course for Clinicians (2-day)	Mon 20 th & Tue 21 st Mar 2023	Thu 23 rd Feb 2023
Working with Clinical Perfectionism (1-day)	Thu 4 th May 2023	Thu 13 th Apr 2023
Working with Low Self-Esteem (2-day)	Mon 26 th & Tue 27 th Jun 2023	Thu 1 st Jun 2023
CBT Foundation Course for Clinicians (2-day)	Tue 8 th & Wed 9 th Aug 2023	Thu 13 th Jul 2023
Working with Social Anxiety Disorder (2-day)	Wed 20 th & Thu 21 st Sep 2023	Thu 31 st Aug 2023
CBT for Eating Disorders (2-day)	Mon 23 rd & Tue 24 th Oct 2023	Thu 28 th Sep 2023
CBT Foundation Course for Clinicians (2-day)	Mon 20 th & Tue 21 st Nov 2023	Thu 26 th Oct 2023

Workshops are usually 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:	\$330.00 (incl GST)	9.00am to approx. 4:30pm

[REGISTRATIONS for 2023 workshops will open from Monday 16th January 2023 – registration link via https://www.cci.health.wa.gov.au/Training/Register-for-Training](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 or check out our website: <https://www.cci.health.wa.gov.au/>

