



# CCI Training Calendar 2024

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.**

## 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.

## 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.)

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## 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

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## 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

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## IMPORTANT DATES

Training	Training Dates for 2024	Close of Registration
CBT Foundation Course for Clinicians (2-day)	Mon 18 <sup>th</sup> & Tue 19 <sup>th</sup> Mar 2024	Thu 29 <sup>th</sup> Feb 2024
Working with Body Dysmorphic Disorder (1-day)	Thu 18 <sup>th</sup> Apr 2024	Thu 28 <sup>th</sup> Mar 2024
Working with Worry & Rumination (2-day)	Mon 27 <sup>th</sup> & Tue 28 <sup>th</sup> May 2024	Thu 2 <sup>nd</sup> May 2024
Applying CBT to Bipolar Disorder (1-day)	Wed 26 <sup>th</sup> Jun 2024	Thu 6 <sup>th</sup> Jun 2024
CBT Foundation Course for Clinicians (2-day)	Thu 8 <sup>th</sup> & Fri 9 <sup>th</sup> Aug 2024	Thu 13 <sup>th</sup> Jul 2024
Working with Procrastination (1-day)	Mon 16 <sup>th</sup> Sep 2024	Thu 22 <sup>nd</sup> Aug 2024
CBT for Eating Disorders (2-day)	Thu 24 <sup>th</sup> & Fri 25 <sup>th</sup> Oct 2024	Thu 3 <sup>rd</sup> Oct 2024
CBT Foundation Course for Clinicians (2-day)	Mon 18 <sup>th</sup> & Tue 19 <sup>th</sup> Nov 2024	Thu 24 <sup>th</sup> Oct 2024

## Centre for Clinical Interventions

• Psychological therapy • Research • Training • Resources

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

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

**REGISTRATIONS for 2024 workshops will open from Monday 15<sup>th</sup> January 2024 – 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/>

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