

Cognitive Behavioural Therapy (CBT): Effective Treatment of Depression and Anxiety

7 September 2009 – VIBE Hotel, Milsons Point ***limited seats remain*******

Cognitive-Behavioural Therapy is the most evidenced based psychological treatment for depression and anxiety. This workshop will provide an introduction to the theory and practice of cognitive-behavioural therapy for clients with depression and anxiety. Examples from everyday clinical practice will be used to demonstrate the key principles and strategies.

Specifically this workshop is designed to provide experiential learning to achieve the following learning objectives:

Enhance your understanding of the theory, structure and process for CBT

Enhance your conceptualisation of clients using CBT

Improve your understanding of cognitive interventions for anxiety and depression

Improve your understanding of behavioural interventions for anxiety and depression

WORKSHOP AGENDA

8.30am	<i>Registration and morning coffee</i>
9.00am	Introduction to CBT
9.20am	Assessment and Conceptualisation of clients using CBT: Understanding how the CBT model will assist your client before you start therapy
10.40am	<i>Morning Tea Break</i>
11.00am	Introduction to Structured CBT
11.20am	The Art of Socialising clients to the CBT model: The prevention of key problems when applying CBT
11.40am	Cognitive Intervention I: Eliciting thoughts and beliefs
12.45pm	<i>Lunch (buffet lunch provided)</i>
1.30pm	Cognitive Intervention II: Modifying thoughts and beliefs
2.15 pm	Behavioural Intervention I: Strategies for Anxiety and Depression
3.10pm	<i>Afternoon Tea</i>
3.30pm	Behavioural Intervention II: Strategies for Anxiety and Depression
4.15pm	Troubleshooting
4.30pm	Discussion and Questions
5.00pm	<i>Close</i>

About your Workshop Leader

Paul Rushton is a Clinical Psychologist and Managing Director of PRA Consulting, a company specialising in Employee Assistance and the delivery of CBT programs. He has presented over eighty workshops nationally and internationally. He has taught post-graduate CBT at university levels over a number of years, and delivered Advanced CBT training for the Australian Psychological Society and several Singapore Government departments. He has held adjunct academic positions as a Clinical Professor at Bond University, and Lecturer at Griffith University and the School of Medicine at University of Queensland. He has worked for years in mental health services and private practice and therefore understands the nuances of delivering CBT to clients with different severities and complexities. He is well known for the engaging and practical nature of his workshops that suit practitioners at the 'coalface' of client service delivery.

******The Australian Psychological Society has endorsed this workshop for 7 Specialist Professional Development points for members of the following APS Colleges: Clinical, Organisational and Educational/Developmental. Members of other APS Colleges and non-College members may claim the equivalent generalist points******

REGISTRATION PRICES

Early Bird Rate \$499 (Prior to 7/8/09)

Post Early Bird \$599

Interstate Flat Fee \$399

Not for Profit Flat Fee \$369

Full Time Student Fee \$249

**All prices include GST*

Register for both the Intro and Advanced Course and receive a 25% discount off second registration

-- Group Discounts apply--

Intro CBT: To request a registration page please fill out your details below and fax back to 02 6628 2902. You can also download registration details at www.ppled.com.au. For telephone enquiries phone 02 6628 2901.

Surname: _____ Given
Name: _____

Position: _____ Organisation: _____

Address: _____

Telephone: _____ Fax: _____

Email: _____ Area of
Specialisation: _____

Advanced Level Cognitive Behavioural Therapy (CBT): Effective Treatment for Challenging Presentations

8 September 2009 – VIBE Hotel, Milsons Point

Cognitive-Behavioural Therapy is the most well researched and validated evidenced based psychological treatment available for treating psychological issues of depression, anxiety, stress and pain. This workshop will use case vignettes to highlight the practical use of CBT in daily clinical practice. Common problem applying CBT will be highlighted and strategies for overcoming this will be outlined. Participants will also be introduced to Acceptance and Commitment Therapy and Mindfulness.

Specifically this workshop is designed to provide experiential learning to achieve the following learning objectives:

* Enhance your conceptualisation of clients using CBT

- * Improve your understanding of common barriers to change and CBT strategies for managing this
- * Improve your clinical application of CBT
- * Enhance your understanding of the potential use of Mindfulness and ACT approaches

8.30am	Registration and morning coffee
9.00am	-Overview of the key elements of applied CBT
9.45am	-Advanced Conceptualisation of clients using CBT -Case study for Participants
10.40am	Morning Tea Break
11.00am	Common barriers to change when delivering CBT
11.30am	-What can Acceptance and Commitment Therapy and Mindfulness offer as alternatives and adjuncts to traditional CBT -Mindfulness demonstration
12.45pm	Lunch (buffet lunch provided)
1.30pm	-Advanced Cognitive Intervention for managing common barriers to change -Group exercise for participants
3.10pm	Afternoon Tea
3.30pm	Advanced Cognitive Intervention for managing common barriers to change
4.00pm	Case Example for Participants
5.00pm	Close

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Psychopharmacology Workshop

For Non-Medical Mental Health Professionals

15 September 2009 - TOWNSVILLE (Rydges Southbank)

23 September 2009 - HOBART (Mecure Hobart)

This workshop is designed to help non-medical mental health providers develop a better understanding of psychopharmacology so they can be a more informed member of the mental health care team. As the number of individuals being prescribed psychiatric medications grows, it becomes increasingly important for professionals to understand the positive and negative potentials of these drugs. Workshop participants will learn about the various classes of psychiatric medications, their influence on brain function and the effect of the medication on a client's wellbeing. The effects of recreational drugs and drugs of abuse (e.g. cannabis, ecstasy, methamphetamine, alcohol and nicotine) will also be considered.

PROGRAM OVERVIEW

- **9.00am – 10.30am** What drugs are doing to the brain: an overview
- * History of psychopharmacology
- * How the brain works
- * What happens when you take a drug: where does it go?
- * Australia's favourite drugs: licit and illicit
- * Why some drugs are more addictive than others
- * Co-morbidity of substance abuse and depression/anxiety disorders
-

10.30am-11.00am Morning Tea

11.00am–12.45pm The major classes of prescribed drugs in Australia: Therapeutic and side effects

- *Anxiolytic and sedatives
- *Antidepressants
- *Antipsychotics
- *Drugs for bipolar disorder
- *Drugs for ADHD
- *Drugs to treat addictive disorders

12.45pm-1.30pm Lunch

- **1.30pm-3.00pm Critical issues in prescribing psychotropic drugs**
 - * How drugs are prescribed: GPs versus psychiatrists
 - * Polypharmacy, misdiagnosis and other questionable practices
 - * Drugs for small people: pediatric psychopharmacology
 - * First line, second line and third line approaches for depression, anxiety and bipolar disorder
 - * Combining pharmacotherapy and psychotherapy
 - * Prescribing rights for clinical psychologists: a good idea?

3.00pm-3.20pm Afternoon Tea

3.20pm-4.50pm Case studies and knowledge self-test

- * Psychopharmacology quiz: name that drug and what it does
- * Depression, anxiety disorder, psychosis and addiction-related case studies
- * Open discussion

4.50pm Close of Workshop

About your Workshop Leader

Iain S. McGregor M.A. (Oxon) Ph.D. (Sydney) is Professor of Psychopharmacology and director of the Psychopharmacology Laboratory in the School of Psychology at the University of Sydney. Iain completed his undergraduate degree in Experimental Psychology at the University of Oxford and his PhD in Psychology at the University of Sydney. Iain is one of Australia's foremost researchers in the fields of psychopharmacology and neuroscience. His research is currently funded by the Australian Research Council and the National Health and Medical Research Council and focuses on the effects of drugs such as ecstasy, cannabis, methamphetamine and antidepressants on brain and behaviour. This research encompasses studies in both human subjects and laboratory animals and spans behavioural, genetic and neural levels of analysis.

Iain is a much sought after speaker and has given numerous invited keynote addresses and presentations around the world. He also lectures extensively to psychology undergraduates and trainee clinical psychologists. He was a member of the recent working party of the Australian Psychological Society investigating the issue of prescribing rights for clinical psychologists. Iain has made numerous appearances in the national media talking about psychopharmacology and is frequently consulted as an expert witness in legal cases involving drug-related issues.

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Post Early Bird \$599

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Not for Profit Flat Fee \$369

Full Time Student Fee \$249

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*******An application for PD points has been made to the Australian Psychological Society. This application is currently under review*******

PSYCHOPHARMACOLOGY: To request a registration page please fill out your details below and fax back to Sally Lane on 02 6628 2902.

For telephone enquiries phone 02 6628 2901. Visit the website www.ppledication.com.au

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