

Advanced Level

Cognitive Behavioural Therapy (CBT)

Effective Treatment for Complex or Resistant Clients

16 September 2010 – Rendezvous Hotel (MELBOURNE)

Cognitive Behaviour Therapy (CBT) is a frontline evidenced based psychological treatment for psychological disorders and has gained considerable support and recognition in Government Health, Worker's Compensation and Medical Associations in Australia. Cognitive Behaviour Therapy is the most well researched and validated evidenced based psychological treatment available for treating psychological issues of depression anxiety, stress and pain and helping people overcome barriers and difficulties at work, home or in relationships.

CBT is an effective psychological treatment requiring not only specific therapy knowledge and skills but of equal importance the clinical capability to apply such treatments to very distressed people who may at times show a lack of insight, resistance and anger and also co-morbid or multiple disorders (both psychological and physical) This workshop, presented by two leading CBT practitioners and authors will provide a practical and experiential framework to developing Advanced CBT skills to work with more challenging or difficult clients who may have a range of different disorders.

This workshop will provide attendees with an in depth analysis of CBT and advanced cognitive therapy strategies for difficult or challenging clients as well as the use of Mindfulness Meditation and relaxation strategies applicable to a range of disorders and treatment settings.

**Early Bird
closes
20/8/2010**

WORKSHOP OVERVIEW

9.00AM - 12.30PM

- 8.30am** Registration and morning coffee
- 9.00am** Introduction Overview of CBT: Complexities in Delivery of CBT Techniques
- 9.20am** Common Issues - Resistance, Lack of Insight, Identifying the Right Schemas to Work with - 'The Elegance of the Dispute'
- 9.45am** Key Cognitive Techniques to address client issues (downward Arrow, Socratic dispute, Modelling and Scenario Building)
- 10.40am** Morning Tea Break
- 11.00am** Cognitive Therapy Live 1 - Practicing Key Techniques to Learn to Identify Key Schemas causing Distress
- 11.20am** Cognitive Therapy Live 2- Lack of insight or Resistance, Understanding and Challenging Client Beliefs without Breaking the Therapeutic Alliance
- 12.30pm** Lunch (buffet lunch provided)

1.15PM – 5.00PM

- 1.15pm** Advanced Treatment: Cognitive and Behavioural Relaxation Skills, the Mindfulness Approach and CBT
- 2.15 pm** Applications of Mindfulness to: Pain, Stress, Anxiety, Depression, Workplace/ School Issues, and Children and Adolescents
- 3.10pm** Afternoon Tea
- 3.30pm** Mindfulness Practice - Practical Techniques for Different Situations, Helping Clients Overcome Obstacles to Mindfulness Practice, Open Eye Vs Closed Eye Meditations
- 3.50pm** CBT - Key Issues and Brief Treatment Plans – Effectively Managing Common Psychological Problems and Overcoming Barriers in Therapy
- 4.40pm** Discussion/ Questions
- 5.00pm** Close

FAX YOUR REGISTRATION TO 02 6628 2902

About your Workshop Leaders

LEAD PRESENTER AND FACILITATOR

Nicole Prendergast
Senior Associate, PsyCare
Consultant Psychologist

Nicole Prendergast is a registered psychologist working in private practice with PsyCare. Nicole has provided extensive clinical treatment services within public and private settings. Her experience ranges across common psychological problems impacting upon adults, couples, families and children including depression, anxiety, stress disorders and health issues, such as pain. Nicole has published in the area of Borderline Personality Disorder. She has provided a supervisory role for groups of clinicians for clients presenting with complex co-morbid disorders. Nicole has delivered numerous seminars and workshops across a variety of audiences and has provided specialised training tailored for multidisciplinary teams of clinicians.

Prerequisites for attendance

Participants must be experienced in the application and use of CBT or have completed an Introduction to CBT course.

General Enquiries: Telephone Sally Lane - 02 6628 2901 or email to enquiries@ppleducation.com.au

Fax registration form to 02) 6628 2902 or post 68 Barrys Road MODANVILLE NSW 2480

Registration Details

Title(Mr/Mrs/Miss/Ms) _____ Surname _____ Given Name _____

Position _____ Organisation: _____

Address: _____

Telephone: _____ Fax: _____

Email: _____

Payment details

Enclosed is my cheque for \$ _____ payable to PPL Education Services P/L

Charge \$ _____ to Visa Mastercard Bankcard AMEX

(All credit card payments will attract a 3% surcharge)

Card No:

Expiry Date:

Name of Cardholder.....Signature.....

CANCELLATION POLICY

Your registration will be confirmed in writing when full payment is received. We will refund your registration in full less a \$120 administration and processing fee if notification is received in writing by 6/8/2010. If we receive notification of cancellation between 9/8/2010 and 23/8/2010, you will receive 50% refund and workshop notes. No cancellation will be accepted after 24/8/2010.

AMENDMENTS TO THE WORKSHOP PROGRAM

PPL Education reserves the right to cancel or postpone or amend the event details if required.

VENUE DETAILS

Full venue details will be provided within your Confirmation of Registration Letter.

PPL Education Services
68 Barrys Road
MODANVILLE NSW 2480



Ph: 02 6628 2901
Fax: 02 6628 2902
ABN: 13 108 760 970

REGISTRATION PRICES

\$499 – Early Bird*

* Received & paid prior to 20/8/2010

\$599 – Post Early Bird

\$399 – Interstate Flat Fee

\$369 – Not for Profit Flat Fee

\$249 – Student

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