

Cognitive Behavioural Therapy (CBT)

Effective Treatment of Depression, Anxiety, Pain & Stress

13 July 2010 – BRISBANE (Novotel Hotel)
21 July 2010 – MELBOURNE (Rendezvous Hotel)
29 July 2010 – SYDNEY (VIBE Hotel North Sydney)

**Early Bird
closes**

18/6/2010

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 and helping people overcome barriers and difficulties at work, home or in relationships. This workshop will provide an introduction to the strategies and practical processes of understanding and implementing cognitive behavioural treatment programs for people with depression, anxiety, pain and stress.

Specifically this workshop is designed to provide experiential learning across the following areas:

- * Introduction to Cognitive Behavioural Therapy (CBT): development and key principles
- * CBT: A framework for effectively assessing psychological problems
- * Learn the key cognitive and behavioural techniques for effective therapy
- * Be able to apply these techniques to different psychological problems
- * Develop relapse prevention and troubleshooting strategies

9.00AM-12.45PM

8.30am	Registration and morning coffee
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	Morning Tea Break
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	Lunch (buffet lunch provided)

1.30PM- 5.00PM

1.30pm	Cognitive Intervention II: Modifying thoughts and beliefs
2.15 pm	Behavioural Intervention I: Strategies for Anxiety and Depression
3.10pm	Afternoon Tea
3.30pm	Behavioural Intervention II: Strategies for Anxiety and Depression
4.15pm	Troubleshooting
4.30pm	Discussion and Questions
5.00pm	Close

FAX YOUR REGISTRATION TO 02 6628 2902

ABOUT YOUR WORKSHOP LEADER

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.

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

BRISBANE – 13 July (circle)

MELBOURNE – 21 July (circle)

SYDNEY – 29 July (circle)

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
(AMEX 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 7/6/2010. If we receive notification of cancellation between 8/6/2010 and 21/6/2010, you will receive 50% refund and workshop notes. No cancellation will be accepted after 22/6/2010.

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

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REGISTRATION PRICES
\$499 – Early Bird*
* Received & paid prior to 18/6/2010
\$599 – Post Early Bird
\$399 – Interstate Flat Fee
\$369 – Not for Profit Flat Fee
\$249 – Full Time Student