



About the Presenter

Dr. Michela David is a Psychologist in Kingston, Ontario. She is a registered member of the College of Psychologists of Ontario, and a Diplomate of the Academy of Cognitive Therapy. As a clinician she spends much of her time engaged in the treatment of severe mood disorders, with a focus on cognitive behavioural therapy (CBT).

Dr. David is an Adjunct Assistant Professor and Clinical Supervisor in the Psychology and Psychiatry departments at Queen's University. She is an experienced teacher and workshop presenter, and has won awards for clinical supervision and teaching. Her courses draw from her three decades of clinical work and extensive supervision experience. They have received excellent reviews. Some comments from attendees:

- Wonderful presenter – I would recommend her to anyone
- A springboard for my practice
- Very engaging
- Exceptionally organized
- Fabulous learning experience

Learning Objectives:

After taking this course you should be able to:

- identify deeper levels of thinking to aid case conceptualization
- keep therapy more on track, by linking to goals, adding structure and constructive language
- prevent a lengthy check-in from derailing the therapy session
- use Socratic dialogue with effective therapist stance
- separate therapist and client issues to respond to negative client feedback
- contain strong emotion more effectively, including working with metaphors and images
- recognize many forms of avoidance
- help clients to manage “relapse”

Who Should Attend

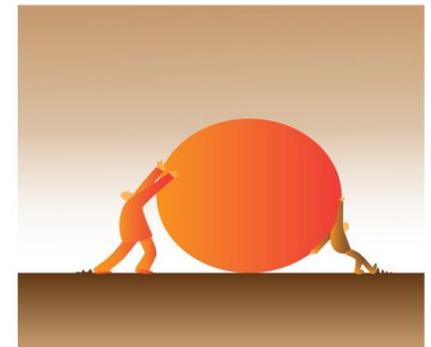
- This course is designed for mental health professionals, therapists, or graduate students / residents with at least an intermediate level of knowledge of cognitive behavioural therapy, and some clinical skill and experience.
- Clinicians who wish to advance their skills in using cognitive behavioural therapy with more challenging cases
- Prerequisite: *Intermediate Cognitive Therapy Techniques: Building on the Fundamentals*, or similar intermediate level course and/or some experience with CBT is strongly recommended.

For more information:

www.micheladavid.com

Challenges in Cognitive Behavioural Therapy

A Two-Day Course with
Michela David, Ph.D., C.Psych.
September 16 & 17, 2019



Outdoor Centre
Little Cataraqui Creek
Conservation Area,
Division Street (Perth Road),
Kingston, Ontario

Course Overview

This two-day course assumes at least an intermediate knowledge of cognitive behavioural therapy (CBT). The themes for this course arose from many years of supervising therapists and listening to the common difficulties that they face. It will provide intermediate and advanced CBT therapists with practical skills to deal with challenges such as: conceptualizing more complex cases, moving forward when therapy gets derailed, tuning in to therapist reactions, working with avoidance, using Socratic dialogue to get past therapy hurdles, dealing with high levels of negative emotion, and managing fears of relapse.

The course format is highly interactive, and includes examples and video demonstrations, small group role-plays and large and small group discussion, all in a no-fault environment.

The course location is in Kingston, Ontario, at the Little Cataraqui Creek Conservation Area Outdoor Centre on Division Street (Perth Road) just north of Hwy 401. Plenty of free parking is available on site.

Please note that previous courses have filled up quickly, and that registration is limited to ensure interactive learning.

Course Outline

Topics

- Where to start with case conceptualization
- Accessing Deeper Levels of Thinking to aid Case Conceptualization
 - The Downward Arrow Technique
- Strategies to get therapy back on track: Linking to goals; adding structure; constructive language
- Derailed Check-ins: Using Empathic Interruption
- Socratic Dialogue: effective therapist stance and gold star questions. How to use Socratic dialogue to get past common therapy glitches
- Recognizing and working with avoidance, including missed sessions, not doing homework, intellectualizing, and emotional avoidance
- Responding to negative client feedback
- Managing High levels of Emotion
 - Managing fears of Relapse
- Tools for Cognitive Change: thought records and underlying assumption work

Schedule (both days)

- 8:30** Doors open / Registration (coffee and tea)
- 9:00 -12:00** Morning session (refreshment break at 10:30)
- 12:00 - 1:00** Lunch (included)
- 1:00 - 4:00** Afternoon session (refreshment break at 2:30)

Registration Information

Registration Fees:

	by Aug 30/19	after Aug 30/19
Regular	\$360+HST* = \$406.80	\$410+HST = \$463.30
Group	\$320+HST = \$361.60	\$370+HST = \$418.10
Resident	\$290+HST = \$327.70	\$340+HST = \$384.20
Student	\$260+HST = \$293.80	\$310+HST = \$350.30

*HST no 72189 1315 RT0001

Notes:

The group rate applies to a group of 5 or more registering together at the regular rate. The Student Rate is for full-time students only.

HOW TO REGISTER:

Please see Registration form for details.

Cancellation Policy: Please Note

If you cannot attend you may send someone else in your place. Please notify us of the name of the person attending. If you cancel 2 weeks or more before the course you will receive a refund minus a \$50 administration fee. If you cancel less than 2 weeks before the course date there will be no refund.

Inquiries:

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or

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