

## **INTRODUCTION TO COGNITIVE BEHAVIOR THERAPY**

(Course Code HLJD001)

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### **OBJECTIVE:**

**The following are the major aims of this course:**

- [1] To develop an understanding of relevant cognitive-behavioral theories in counseling and their application
  
- [2] To develop skills in:
  - [i] applying therapeutic goal attainment scaling
  - [ii] applied functional analysis
  - [iii] charting and change monitoring
  
- [3] To develop skills in cognitive behavioral management of stress and symptoms of anxiety and depression
  
- [4] To develop skills in relapse prevention

### **DESCRIPTION:**

Cognitive behavior therapy (CBT) has emerged as one of the most effective ways of: managing mental disorder; enhancing personal development; controlling academic behavior and learning; increasing productivity at work; and reducing deviant tendencies. CBT is not just one method but a general framework within which several powerful psychotherapeutic approaches exist. It is popular as a short-term method of bringing about change in the way individuals think, feel and behave and has also been used in long-term, in-depth approaches as well. This course will provide both students as well as practitioners with a basic foundation in CBT theory and practice. It will be of interest to those in diverse areas of human services who wish to expand their knowledge and skills in psychotherapy and counseling such as psychologists, social workers, nurses, school counselors, psychiatrists and physicians. The emphasis will be on developing practical skills in counseling and psychotherapy that participants can use subsequently at work. In-class demonstrations and simulated exercises will be included as part of the practicum experience. Assessment and goal-setting techniques will also be covered at a basic level. It is expected that participants will have some previous exposure to introductory courses in psychology and/or mental health.

**BENEFITS TO PARTICIPANTS:**

This course will provide both students as well as practitioners with a basic foundation in CBT theory and practice.

**WHO SHOULD ATTEND:**

It will be of interest to those in diverse areas of human services who wish to expand their knowledge and skills in psychotherapy and counseling such as psychologists, social workers, nurses, school counselors, psychiatrists and physicians.

**PROGRAM OUTLINE:**

PART 1: Origins of CBT

- [1] Behavioral origins
- [2] Cognitive origins

PART 2: Basic theoretical frameworks in CBT

- [1] Trait and Factor Approach
- [2] Rationalist Approach
- [3] Humanistic Approach

PART 3: Basic constructs of CBT

PART 4: Cognitive behavioral testing and assessment techniques

PART 5: CBT Planning - Goal Attainment Scaling; Charting / Record-keeping techniques

PART 6: CBT First Order Methods

PART 7: CBT Bio-Behavioral Methods

PART 8: Stress Inoculation Training

PART 9: CBT Second Order Methods – Schema change

PART 10: Relapse Prevention

**SEMINAR LEADER:**

*Bikram has been a scientist and practitioner in the field of psychology for over twenty-five years. In addition to teaching courses in psychology and education at the post-secondary level in such places as University of Toronto, Humber College and Tyndale University College, he has also created new courses in diverse areas such as in spirituality and health, transitional counseling, group facilitation and training evaluation. He received his Ph.D. in educational psychology at the University of Toronto in 1990 and completed his clinical internship at the Sunnybrook Health Sciences Centre. In addition to being a member of several professional associations such as APA, CPA, AAPB and OACCPP, he has played an active role in promoting public protection in human services through his involvement with the Tri-Council Statement in Research Ethics, diversity management training in the Canadian federal public service and the newly-established College of Registered Psychotherapists of Ontario. Over the last two and a half decades, he has made original contributions to the literature in such areas as: human learning and motivation; clinical psychology; social cognition and causal thinking; criminology; social stratification; stress and pain management; diversity management; research and psychometrics; media ecology; and of course, psychological theory. Over the last three decades, Bikram been involved in various community efforts to help the needy and these include: Streethaven; CMHA member and worker with the RAP program; Toronto Race Crisis Centre; Harbour Lights Foundation with the Salvation Army; Canadian Coalition Against Violence in Entertainment, to name a few. Bik holds a Ph.D. in Educational Psychology, an M.A. in psychology from Wilfrid Laurier U. and a B.Sc. (Hons) from the University of Toronto.*

**COURSE MATERIAL:**

Each participant will receive a complete set of course notes and handouts that will serve as an informative reference.

**CONTINUING EDUCATION UNITS (CEUs):**

Each participant will receive a certificate of course completion indicating eligibility for CEU or PDU. One CEU / PDU is equivalent to ten (10) professional development hours (PDHs).

**DATES AND TIMES:**

Dates: Monday, April 26 and Tuesday, April 27, 2010.

Times: From 9:00 a.m. to 5:00 p.m. (Please arrive early).

When registering enter Course Code: HLJD001.

**LOCATION:**

**Delta Toronto Airport West Hotel**

5444 Dixie Road,

Mississauga, Ontario

L4W 2L2

**OTHER:**

Dress comfortably and business casual. Arrive early. Parking available at hotel parking lot.

Each participant will receive transferable credits towards future courses, workshops and seminars.

For an effective and productive interaction to take place, this seminar has been restricted to a limited number of seats. Please register early to avoid any disappointment.

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Note: Skills2Succeed reserves the right to cancel a course, workshop or seminar, or change the location of the course, workshop or seminar at any time at its discretion, without any liability to the attendees exceeding the fees collected.