



Government of **Western Australia**  
Department of **Health**

*In 2016, the Centre for Clinical Interventions (CCI) will again be offering a series of clinically relevant and practical workshops in evidence based psychotherapy. From the beginning therapist to the experienced clinician, the 2016 calendar offers a range of training experiences to extend participants' understanding and clinical practice.*

Our introductory workshop (i.e., the CBT Foundation Course), is suitable for mental health practitioners with no previous experience of CBT. Please note that the CBT Foundation Course provides a good basis for completing other CCI workshops.

### **CBT Foundation Course for Clinicians: Understanding and Applying the CBT model**

Cognitive behavioural therapy (CBT) uses a combination of behavioural and cognitive principles in the treatment of clinical problems. CBT is an effective treatment for a broad range of clinical problems. This intensive 2-day workshop will provide participants with...

- An introduction to the CBT model, its origins, and its application to formulation and treatment planning
- Experiential exercises, role-plays and group work to orient participants to the therapeutic style and techniques of CBT
- A set of key CBT skills that can be applied to a range of clinical problems
- A foundation for further training in the application of CBT to specific clinical problems

The other workshops (listed below) require some experience using CBT, and are designed to assist mental health practitioners to extend their CBT skills to working with particular clinical problems. Participants are required to have completed the CCI CBT Foundation Course or other formal CBT training prior to participating in these workshops.

### **Applying CBT to Bipolar Disorder**

The treatment of choice for bipolar disorder is medication. However, people with bipolar disorder face unique psychosocial issues that are not addressed by pharmacotherapy alone. For the last 15 years CCI has been providing individual and group based adjunctive psychosocial treatment for people with bipolar disorder. This 1-day workshop will provide participants with...

- An increased awareness of the unique treatment issues for people with bipolar disorder
- Practical strategies for working individually with people with bipolar disorder
- Instruction in the delivery of a module based individual psychosocial treatment for bipolar disorder
- A comprehensive manual to support the bipolar intervention

### **Working with Worry & Rumination**

Have you ever experienced the problem of working with a "worrier" in therapy on a specific worry, only to find that once it has been resolved a new worry pops up? Worry and rumination (i.e., repetitive negative thinking) are key cognitive processes that maintain many psychiatric conditions. Effective treatments have been developed that follow a 'meta-cognitive' approach. That is, tackling the negative and positive beliefs one holds about worry and rumination, rather than getting caught up in challenging each specific worry. This 2-day workshop will provide participants with...

- A clear formulation and treatment plan for working with worry and rumination, that can be applied regardless of diagnosis
- The opportunity to observe and practice specific techniques to treat the key maintaining factors of worry and rumination (i.e., metacognitive challenging, metacognitive behavioural experiments, attention training, etc)

### **Working with Clinical Perfectionism**

Although having high standards is often thought of as a positive attribute, having a self-worth dependent on a relentless pursuit of unrealistically high standards can leave clients vulnerable to a range of psychological difficulties. As such, clinical perfectionism is a transdiagnostic problem relevant to a diverse range of client presentations. This 1-day workshop will provide participants with...

- A clear understanding of what is helpful and unhelpful about being a perfectionist
- A clear formulation and treatment planning model that illustrates the self-reinforcing cycle of perfectionism
- Observation and practice of treatment strategies for helping clients to reduce their perfectionism

## Using Imagery to Enhance CBT

The evidence base is growing for using imagery to enhance or 'supercharge' CBT and hence improve treatment outcomes. Research indicates that working with imagery can have a more powerful impact on emotion than working verbally. The use of imagery in CBT can be vast. This 1-day workshop will provide participants with...

- A clear understanding of imagery, guidelines for working with imagery in therapy, and ways to socialise clients to imagery-based interventions
- Ways to use imagery to enhance traditional CBT strategies (e.g., thought diaries, behavioural experiments)
- Developing metaphorical imagery as a coping tool in therapy
- A model for assessing, formulating, and planning treatment when targeting specific distressing images
- Experiential exercises in imagery rescripting techniques for addressing distressing images

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## Eating Disorders: Introduction & Intervention

CCI has an established specialist community-based psychological service for people with eating disorders (EDs). With the increasing recognition in WA Health of the importance of ED treatment, all clinicians need to feel confident to recognise, refer and intervene appropriately.

**Day 1 (Introduction)** is aimed at clinicians from all professions, offering a thorough understanding of EDs and some basic assessment and intervention skills. It will provide participants with...

- An introduction to EDs: an overview of diagnosis, treatment and research
- Information on screening and assessing for an ED
- Psycho-education to help you and your client understand what is happening and why

**Day 2 (Intervention)** is aimed at clinicians with some experience or prior training in EDs (or attendance at Day 1 of this training). Clinicians from a variety of settings will learn:

- An overview of Enhanced Cognitive Behaviour Therapy (CBT-E) used at CCI
- Practical CBT-E strategies for working effectively with people with an ED
- Troubleshooting common clinical problems and addressing barriers to change

**Note: Participants may register for either or both days of this workshop**

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Training	Training Date	Close of Registration
CBT Foundation Course for Clinicians (2-day)	Tue 1 <sup>st</sup> & Wed 2 <sup>nd</sup> March 2016	Tuesday, 9 <sup>th</sup> February 2016
CBT Foundation Course for Clinicians (2-day)	Thu 7 <sup>th</sup> & Fri 8 <sup>th</sup> April 2016	Thursday, 17 <sup>th</sup> March 2016
Applying CBT to Bipolar Disorder (1-day)	Wed 4 <sup>th</sup> May 2016	Wednesday, 13 <sup>th</sup> April 2016
Working with Worry & Rumination (2 day)	Mon 30 <sup>th</sup> & Tue 31 <sup>st</sup> May 2016	Monday, 9 <sup>th</sup> May 2016
Working with Clinical Perfectionism (1-day)	Thu 28 <sup>th</sup> July 2016	Thursday, 7 <sup>th</sup> July 2016
Using Imagery to Enhance CBT (1-day)	Mon 29 <sup>th</sup> August 2016	Monday, 8 <sup>th</sup> August 2016
CBT Foundation Course for Clinicians (2-day)	Wed 21 <sup>st</sup> & Thu 22 <sup>nd</sup> September 2016	Wednesday, 31 <sup>st</sup> August 2016
Eating Disorders: Day 1 Introduction	Thu 27 <sup>th</sup> October 2016	Thursday, 6 <sup>th</sup> October 2016
Eating Disorders: Day 2 Intervention	Friday 28 <sup>th</sup> October 2016	Thursday, 6 <sup>th</sup> October 2016
CBT Foundation Course for Clinicians (2-day)	Tue 29 <sup>th</sup> & Wed 30 <sup>th</sup> November 2016	Tuesday, 8 <sup>th</sup> November 2016

All workshops are held at CCI (223 James Street, Northbridge)

	Cost	Time	
1 day workshop:	\$120 (excl GST), \$132 (incl GST)	9.00am to 5.00pm	Lunch and teas provided
2 day workshop:	\$220 (excl GST), \$242 (incl GST)	9.00am to 5.00pm	Lunch and teas provided

### For further information about CCI training workshops:

Contact **Alice Martins**: (08) 9227 4399 or [info.cci@health.wa.gov.au](mailto:info.cci@health.wa.gov.au)  
or check our website for registration forms: [www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au)