

Bringing Cognitive Behavioural Therapy to the Front Lines

Wednesday, April 14, 2010

9:00 a.m. to 4:00 p.m.

West Park Healthcare Centre
Toronto, Ontario

Registration

Name: _____

Address: _____

Tel (work): _____

(home): _____

E-mail: _____

Employer: _____

Discipline/Position: _____

Diet: Regular _____ Vegetarian _____

Mail Registration and cheque to:

Susan Wild
Seniors Mental Health Service
West Park Healthcare Centre
82 Buttonwood Ave.
Toronto, ON M6M2J5



Workshop Location:

West Park Healthcare Centre
82 Buttonwood Avenue, Toronto, ON M6M 2J5
Tel: 416 243-3600
www.westpark.org

Parking will be provided in staff parking lot.

For all inquiries regarding the workshop or to pay by credit card, please contact:

Susan Wild, Event Planner
Phone: 416-762-6514
e-mail: ssnwld@gmail.com



West Park Healthcare Centre
Seniors Mental Health Service

Presents a one-day workshop on:

Bringing Cognitive Behavioural Therapy to the Front Lines

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Toronto, Ontario



Bringing Cognitive Behavioural Therapy to the Front Lines

This full day workshop will be of special interest to community health providers such as social workers, occupational therapists, nurses and other front line workers who may not belong to a regulated mental health profession. The workshop is ideal for individuals with limited exposure to CBT and novices to this approach.

The Speakers

Dr. Peggy Richter, Director, Clinic for Obsessive Compulsive Disorder & Related Disorders, Sunnybrook Health Sciences Centre, and Associate Professor, Department of Psychiatry, University of Toronto

Dr. Judith Laposa, Psychologist, Anxiety and Mood Disorders Clinic, CAMH and Assistant Professor Department of Psychiatry, University of Toronto

You will learn about:

- What is CBT?
- How and when to apply CBT
- What research tells us
- Application to mood and anxiety disorders
- Application to community settings
- Challenges
- Relapse prevention
- Case examples, success stories
- CBT for the older adult
- Resources in GTA
- Where can I learn more?

Wrap up and Door Prizes
3:30 to 4:00 p.m

Cost

\$145 (includes lunch, parking and materials)*

Cheques payable to:

West Park Healthcare Centre/ SMHS
(Sorry: no post-dated cheques)

Please note

- Space is limited
- Registration deadline is April 9, 2010
- No confirmation will be sent
- Receipts will be issued at the workshop
- Certificate of Attendance will be provided at the workshop