

Introductory Level

Cognitive Behavioural Therapy (CBT)

Effective Treatment of Depression, Anxiety, Pain & Stress

9 September 2008 – Sebel Playford (ADELAIDE)

Early Bird closes
1/8/08

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

WORKSHOP OVERVIEW

9.00AM-12.45PM

8.30am	Registration and Morning Coffee
9.00am	Introduction
9.20am	Cognitive Behavioural Therapy (CBT): Development and Key Principles
9.45am	CBT: A Framework For Effectively Assessing Psychological Problems
10.40am	Morning Tea Break
11.00am	Introduction to Structured CBT Treatment Programs
11.20am	Thinking Patterns: Cognitive Restructuring 1& 2
12.45pm	Lunch (buffet lunch provided)

1.30PM- 5.00PM

1.30pm	Behaviour 1: Coping Skills and Problem Solving
2.15 pm	Behaviour 2: Relaxation Skills & Lifestyle Issues
3.10pm	Afternoon Tea
3.30pm	Troubleshooting and Set Backs and Staying Motivated
3.50pm	Meaning, Purpose & Life Goals
4.30pm	Discussion - Specific Disorders and Client Groups
5.00pm	Close

FAX YOUR REGISTRATION TO 02 6628 2902

ABOUT YOUR WORKSHOP LEADERS

LEAD PRESENTER AND FACILITATOR

Dr Peter Stebbins – Peter is a Clinical Psychologist specialising in workplace psychological issues including the assessment and treatment of work-related stress disorders. He completed his Masters Degree in Clinical Psychology at the University of Queensland as well as his PhD in Clinical Psychology, researching in the area of chronic stress. Peter's specialist area of counselling is in the use of cognitive behavioural and existential treatments for anxiety, mood, pain and adjustment disorders. He has authored a number of research papers in the area of cognitive belief systems, coping resources and chronic stress. Peter has published a self-help book entitled *You Can Cope!*, produced a relaxation CD, *Relaxation for the Mind and Body* and written a book on the assessment and treatment of work related stress injuries.

WORKSHOP SUPPORT FACILITATOR

Mr Simon Thatcher – Simon's experience has included an extensive focus in the clinical application of psychology to occupational injury assessments, investigations and rehabilitation. Therapeutically, whilst his approach is largely grounded in cognitive behaviour therapy, Simon tends to be more process-driven in his work with clients allowing them to safely feel their feelings. He provides both individual and group treatment programs which have focused on a variety of clinical and existential dynamics and also has an interest in working with couples. Simon is currently undertaking further professional development study in body psychotherapy.

*****The Australian Psychological Society has endorsed this workshop for 7 Specialist Professional Development points for members of the following APS Colleges: Educational & Developmental and Organisational. Members of other APS Colleges and non-College members may claim the equivalent generalist points*****

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

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

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 18/7/08. If we receive notification of cancellation between 21/7/08 and 4/8/08, you will receive 50% refund and workshop notes. No cancellation will be accepted after 5/8/08.

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



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ABN: 13 108 760 970

REGISTRATION PRICES

\$499 - Early Bird*

* Received & paid prior to 1/8/08

\$599 - Post Early Bird

\$399 - Interstate Flat Fee

\$369 - Not for Profit Flat Fee

\$249 - Student

Register for both the Intro and Advanced Course and receive a 25% discount off second registration

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