Fundamentals of Cognitive Behavioural Therapy (CBT)

Happy New Year everyone,
Registration is now open for my Fundamentals of Cognitive Behavioural Therapy (CBT) course on May 4 & 5 in Kingston. This course is ideal for those who are just starting to use CBT, or who want a basic primer or refresher.

REGISTRATION IS NOW OPEN:

Course Description:
This two-day course offers a practical, hands-on approach to learning basic cognitive behavioural therapy skills, including thought records, the five-part model, agendas and basic elements of Socratic dialogue. These techniques are applicable to the treatment of depression, anxiety and other mental disorders, including psychosis. The course emphasizes collaborative techniques, including interactive writing, balancing structure and bond, and goal setting. Join us to acquire some useful skills in a no-fault environment.

TO REGISTER: For pricing and details, and to register (all registration is now online), please go to “Upcoming Events” on my website https://micheladavid.com/. Note that previous courses have filed up quickly, and that registration is limited.

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