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# Cognitive Behaviour Therapy for Front Line Professionals

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## Program Overview

This two-day workshop provides introductory training for short-term, brief cognitive behaviour therapy (CBT) interventions that are best used in health or mental health settings as a bridge to ongoing outpatient services.

### Day 1

- Introduction to the CBT model
- Five core beginner interventions:
  - five factor model
  - thought records
  - evidence technique
  - cognitive distortions and imagery interventions

### Day 2 (option 1)

Customize the training for your workplace by selecting three of the following topics: depression, anxiety, suicidality, addictions, bipolar disorder, anger, grief, panic disorder and post traumatic stress disorder.

### Day 2 (option 2)

Learn how to deliver the core CBT interventions in fun and creative ways for varying stages of development (ages 3 to 17).

## The Details

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**Location:** Our instructors can come to a location of your choice or hold the training at the Faculty of Social Work (120 Duke Street West, Kitchener) for no additional cost.

**Time:** 9 a.m. to 4 p.m. (lunch not included).

**Numbers:** Maximum class size is 30 participants.

**Instructors:** Taught by experienced, highly qualified instructors from Qualia Counselling Services Inc.

**Cost:** \$6,000

**Contact:** Interested in more details about bringing this two-day training to your workplace? Contact **Lynne Jordan**, Professional Development Coordinator at 519-884-0710 x5265 or [ljordan@wlu.ca](mailto:ljordan@wlu.ca).

**[wlu.ca/fswpd](http://wlu.ca/fswpd)**

## CBT Certificate Program

For anyone looking for more in-depth training, the **CBT certificate program** may be a better option. The program provides rigorous training for practitioners seeing clients on an ongoing basis, whether short- or long-term treatment. The complete CBT model is taught in detail with an emphasis on student engagement with the material, through role plays, case study applications and instructor demonstrations. Level I provides the skills, practice and support to deliver the breadth of CBT interventions. Level II explores how to best use the core CBT skills and interventions within the world of mental health and DSM-V disorders. See [website](#) for complete program details.