

A FULL-DAY WORKSHOP WITH A/PROF. ROSS G. MENZIES

Mindfulness, ACT and other variations on CBT: How to choose and implement the right procedures

The many faces of CBT: Making evidence-based decisions in selecting therapeutic tasks

MENZIES' LATEST WORKSHOP! NEW IN 2010!

In the 21st century, the clinician is confronted with a plethora of choices when it comes to therapeutic modalities or orientations. While traditional CBT remains the dominant modality in clinical training programs, a range of variations have emerged over recent years. These 'new wave' procedures are based on alternative ways of dealing with maladaptive thoughts and behaviours. For example, while traditional CBT has tended to promote a direct attack on unhelpful thoughts and beliefs, many 'new wave' procedures adopt metacognitive or diffusion strategies for dealing with this material. Mindfulness-based CBT, ACT, and Schema-focused therapy have had extensive coverage in continuing education programs and workshops over recent years. It is also clear that increasing numbers of community-based programs are including strategies from these therapeutic orientations. But what is the state of the evidence for these approaches to helping people change? In what disorders is their evidence-base strong, and how does it compare to the evidence-base for traditional CBT treatment procedures?

The workshop reviews the evidence for the different psychotherapeutic orientations currently on offer across the range of mental health problems. First, it provides a critical evaluation of some of the assumptions of the various therapeutic modalities. Second, it provides the clinician with an overview of how to assess clinical trials evidence in psychotherapy. Third, it provides detailed analyses of the current evidence-base for the various therapy 'brands' across the anxiety disorders, depression, personality disorders and related areas. Fourth, it demonstrates how a thorough understanding of the theoretical underpinnings of each disorder can be used to produce programs that combine 'new wave' and traditional procedures in psychotherapy.

The aim of the workshop is to increase the participant's skill in :

- (1) critically evaluating the assumptions of the various therapeutic modalities;
- (2) recognizing the commonalities between the different psychotherapy 'brands';
- (3) evaluating levels of evidence for psychotherapeutic methods;
- (4) choosing appropriate procedures for children, adolescents and adults with mental health problems.



**APS PD POINTS AVAILABLE
CERTIFICATE OF ATTENDANCE WILL BE PROVIDED**

A FULL-DAY WORKSHOP WITH A/PROF. ROSS G. MENZIES

Advanced Cognitive Therapy for the Emotional Disorders

**NEW
WORKSHEETS
AND CASE
STUDIES!!**

Cognitive Therapy revisited : A new approach to helping people change

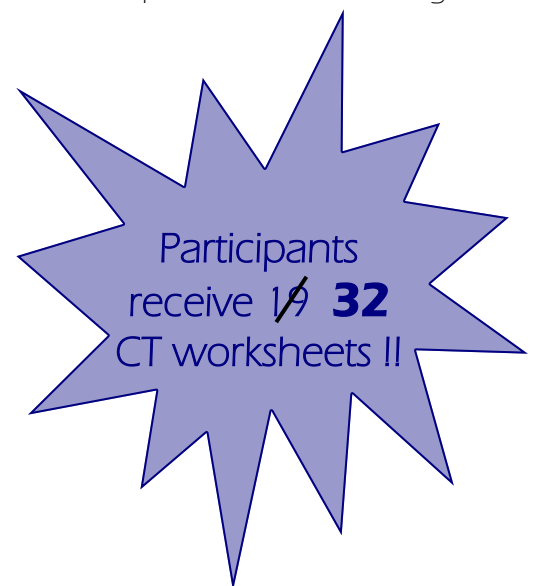
**REVISED AND
EXTENDED
IN 2009**

This workshop begins with a thorough critique of the working assumptions of the cognitive account of emotion as it is typically applied to cognitive therapy. While CBT is increasingly accepted as the treatment of choice for most sufferers of the emotional disorders, many of the assumptions of contemporary Cognitive Therapy will be shown to be fundamentally flawed. For example, the notion that individuals can readily identify 'hot cognitions' that are claimed to play a causal role in driving emotion is disputed by a range of laboratory findings across the last 70 years. Cognitive Therapy, as it is most typically practiced, rests on the spurious claim that humans can easily introspect and identify these causal thoughts, beliefs and attitudes. This has led to the use of overly simplified 'thought records' as the central tool in the cognitive therapist's weaponry. CT delivered in this way is inadequate, since it will regularly fail to identify a range of contributing factors and biased reasoning styles in any given case.

Participants in the workshop will be instructed in the use of more complex materials and methods for the identification of causal cognitive structures involved in negative emotion. The workshop will focus on the use of thirty-two worksheets, each designed for a different and specific purpose in the identification and challenging of unhelpful thoughts. Actual case examples will be used to guide participants through the use of these worksheets.

The aim of the workshop is to increase the participant's skill in :

- (1) appropriately applying cognitive models of emotion to managing psychopathology;
- (2) identifying causal negative thoughts;
- (3) using innovative approaches to undermine irrational beliefs;
- (4) improving therapeutic outcomes.



**APS PD POINTS AVAILABLE
CERTIFICATE OF ATTENDANCE WILL BE PROVIDED**

A FULL-DAY WORKSHOP WITH A/PROF. ROSS G. MENZIES

Creative CBT : 50 Novel Procedures for Helping People Change

Innovations in Cognitive-Behaviour Therapy: New activities for moving people forward

Cognitive-behaviour therapy (CBT) is increasingly accepted as the psychotherapy of choice for most disorders involving excessive anxiety, depression, guilt, anger and related negative emotions. However, many individuals fail to engage with CBT procedures and compliance with traditional CBT homework can be poor. This is often the case when one is implementing CBT in child and adolescent populations, and in the addictive behaviours and depression where motivation may be impaired.

There are many reasons for poor compliance with CBT tasks. However, much of the problem stems from the rigid way in which CBT is typically provided. CBT is often applied in a boring, repetitive manner that fails to really engage individuals seeking help. Participants in this workshop will be instructed in the use of innovative materials and methods for: (1) the identification of causal cognitive structures involved in negative emotion; (2) engaging clients in the therapy process; (3) producing lasting change. The workshop will focus on the use of 50 novel procedures to engage clients and enable them to experience the fundamental shifts in thinking required to produce long-term improvement in daily functioning. Actual case examples will be used to guide participants through the use of these 50 CBT procedures.

The workshop focuses on depression, anger and anxiety, although methods for attacking guilt, shame, embarrassment, jealousy and relationship problems will also be described. Procedures for use in child, adolescent and adult populations are included.

The aim of the workshop is to increase the participant's skill in :

- (1) engaging clients in the therapy process;
- (2) providing salient learning experiences to supplement traditional CBT tasks;
- (3) using creative procedures to improve compliance with homework and completion of treatment



**APS PD POINTS AVAILABLE
CERTIFICATE OF ATTENDANCE WILL BE PROVIDED**

Dr Ross G. Menzies is Associate Professor of Psychology, and former head of the School of Behavioural and Community Health Sciences at the University of Sydney. In 1991, he was appointed founding Director of the Anxiety Disorders Clinic, Faculty of Health Sciences, University of Sydney, a post which he continues to hold. He is also the Chief Consultant Clinical Psychologist to that unit. He was a founding member of the Anxiety Disorders Foundation of Australia (NSW Branch), serving on the Board for two years. He was the Head and Director of the Anxiety and Stress Research Group, a collaborative research grouping of academics from three Australian universities. He is the past NSW and National President of the Australian Association for Cognitive Behaviour Therapy. He was the Convenor of the 29th National Conference of the AACBT in Sydney in 2006, and is the current editor of Australia's national CBT journal, Behaviour Change.

Professor Menzies holds several other honorary appointments, including Honorary Associate of the Department of Medical Psychology at Westmead Hospital and Honorary Associate of the Australian Stuttering Research Centre. He is a past member of the Mood Disorders Research Centre Advisory Committee at Prince of Wales Hospital. He was the senior Clinical Supervisor for psychologists in the Adult Mental Health Team and the Child, Youth and Family Team in the Division of Mental Health at St George Hospital. He is the CBT supervisor in child and adolescent psychiatry for the NSW Institute of Psychiatry. In 2002, he was appointed the overseas expert trainer in Cognitive Behaviour Therapy at the National University of Singapore. He is one of only two Australian members of the international Obsessive-Compulsive Cognitions Working Group and was founder of the Australian and New Zealand OCD Research Alliance. He is the co-editor of the 2003 International Handbook on OCD for the prestigious Wiley Series in Clinical Psychology. He is the co-author of DIRT, a revolutionary new treatment package for OCD published in 2008 by Australian Academic Press.

Professor Menzies is an active researcher with numerous national competitive grants in areas of anxiety and avoidance, the treatment of the phobic disorders, CBT for social anxiety, new treatment programs for obsessive-compulsive disorder, computerized treatment packages for anxiety and depression, and innovative treatments for child and adult stuttering. He currently holds over \$12 million in national competitive research grants as a Chief Investigator. He has produced over 130 international journal manuscripts, books and book chapters and is regularly invited to speak at conferences and leading universities and institutions around the world. He continues to attract patients from across metropolitan Sydney, rural NSW, interstate and from overseas, with many individuals and families travelling thousands of kilometres to receive treatment at his private practice.

BRISBANE:

20th Jun 10 Mindfulness, ACT and Other Variations on CBT

21st Jun 10 Advanced CT for the Emotional Disorders

22nd Jun 10 Creative CBT : 50 Novel Procedures

PERTH:

24th Jun 10 Mindfulness, ACT and Other Variations on CBT

25th Jun 10 Advanced CT for the Emotional Disorders

26th Jun 10 Creative CBT : 50 Novel Procedures

HOBART:

28th Jun 10 Mindfulness, ACT and Other Variations on CBT

29th Jun 10 Advanced CT for the Emotional Disorders

30th Jun 10 Creative CBT : 50 Novel Procedures

REGISTRATION FEE:

\$286 (any 1 workshop)

\$528 (any 2 workshops)

\$726 (all 3 workshops)

FULL TIME STUDENT FEE:

\$176 (any 1 workshop)

\$308 (any 2 workshops)

\$429 (all 3 workshops)

To register, please go to :
www.rossmenzies.com/workshops.htm

Enquiries : rossmenzies@ozemail.com.au

tel/fax : 02-9798 3474