

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

Advanced Cognitive Therapy for the Emotional Disorders

Cognitive Therapy revisited : A new approach to helping people change

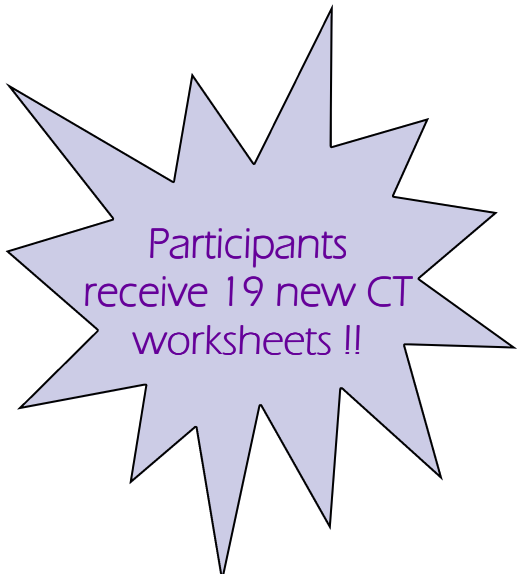
REPEATED BY
POPULAR
DEMAND !!

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 nineteen 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.



Participants
receive 19 new CT
worksheets !!

APS ENDORSED ACTIVITY—7 CLINICAL (CCLIN) PD POINTS
CERTIFICATE OF ATTENDANCE WILL BE PROVIDED TO ALL PARTICIPANTS

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 is an Advisory Board Member of the Sydney Anxiety Disorders Practice and is the Clinical Director of Anxpsych, an organisation bringing anxiety management skills to the corporate sector. 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 editor of Australia's national CBT journal, Behaviour Change. He is the Chair of Australia's bid for the 2013 World Congress of CBT.

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. 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 is 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. Finally, in addition to his work on OCD in adulthood, he has considerable experience with child and adolescent forms of the disorder. He is the Clinical Patron of the Tasmanian Support Network for Child and Adolescent OCD.

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 programmes for obsessive-compulsive disorder, and stuttering. He has produced over 100 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 clinic.

Date : Monday 23rd June 2008
Time : 9am—5pm
Venue : Tigers Functions, Balmain Leagues Club
138—152 Victoria Rd, Rozelle, NSW 2039
Fee : \$264 (or \$132 for full-time students)
This includes GST, all handouts, morning and afternoon tea and lunch.

Payment is to be made by cheque or money order in favour of **Professor Ross Menzies**, and must be received by 16/06/08. Registrations are non-refundable, but substitutions will be accepted. **Information and materials will be provided electronically.** Please ensure a correct and legible email address is provided.



SYDNEY REGISTRATION FORM

Tax Invoice

ABN 48 634 197 360

NAME : _____
ADDRESS : _____ **PCODE:** _____
PHONE (B) : _____ **(H) :** _____ **EMAIL :** _____

**PLEASE MAKE CHEQUE OR MONEY ORDER IN FAVOUR OF
"PROFESSOR ROSS MENZIES". THANK YOU.**

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