

CounselCareCanada Learning Solutions
Education and Training for the World You
Practice In!

Online Certificate Program in Cognitive Behaviour
Therapy

Registration Deadline Dec 21, 2015

Cost \$1800 with \$75 discount for 'Early Bird'
Registrations before Dec 1st.

All Text Books and Reading Materials included in
Registration

Call (519) 627-3927 or

Email smartlearningsolutions@outlook.com

counselcarecanadalearningsolutions@outlook.com

Why CBT? Why Now?

Cognitive Behaviour Therapy (CBT) is *highly recognized and recommended, extensively practiced, and empirically validated*. More and more practitioners are using CBT in their work because of its effectiveness in helping clients. Counsellors/Therapists are frequently

asked the question, “Do you offer CBT?”

This CBT Certificate Program uses a “*scaffolding*” approach in teaching CBT theory and interventions. Learners will understand the Cognitive Behaviour model, learn to assess and formulate client problems using the CBT model, and select and utilize appropriate CBT strategies to help clients reach their goals.

Collaboration is the key in CBT. The therapist develops a strong collaborative, therapeutic alliance with the client, and interventions are mutually decided upon. The therapist seeks the client’s agreement about how time will be spent in session, which problems will be discussed, and which homework assignment will be most helpful.

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Why Learn CBT?

Perhaps the most important reason to study CBT is because it is based on evidence of what works! CBT has been rigorously researched over decades, and is believed to be the most effective treatment for a wide range of common psychological issues. It is also cost effective for clients and third-party payers as it does not require long-term therapy; CBT requires an average of 8-16 sessions.

CBT is a collaborative process, and recognizes the client as the expert in his/her own life. The client works with the therapist in mapping out goals for change and in working toward these goals.

CBT is an ‘active’ therapy, recognizing that there are 168 hours in each week, and the client generally spends only one hour each week or every second week with the therapist. Most therapy takes place between sessions, and the therapist works with the client in determining how the time between sessions is utilized for best effect. This process is very empowering for clients, and the skills learned and utilized become part of a better functioning life!

Why Learn CBT from CounselCareCanada Learning Solutions?

Your instructor learned CBT at the Cleveland Center for Cognitive Therapy, met the Requirements for Diplomat Status with The Academy of Cognitive Therapy, and membership with the Canadian Association of Cognitive and Behavioural Therapies (CACBT) and practices CBT on a regular basis with clients who come with a wide variety of issues. She has worked for almost 20 years providing counselling and therapy, is a Registered Psychotherapist, Registered Marriage and Family Therapist, Canadian Certified Counsellor, a Registered Nurse educated at the Doctoral level, and is an Approved Supervisor with both the Ontario Association for Marriage and Family Therapy (OAMFT/AAMFT) as well as with the Canadian Counselling and Psychotherapy Association.

Your instructor is a professional educator with a Doctorate in Education (Curriculum, Teaching and Learning, University of Toronto), more than 15 years teaching graduate level students in a sophisticated online teaching and learning environment and is thoroughly familiar with planning, implementing, and evaluating individual and group learning in this exciting venue.

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Who is this program for?

Those who are licensed, registered or certified to provide mental health counselling/therapy in a particular jurisdiction (including regulated professional; example: registered or certified psychologist, licensed physician, registered social worker, registered psychotherapist, registered nurse, etc.) in good standing. Or: Students in the field of mental health counselling therapy (including students in the regulated professions) in good standing. If you are unsure regarding your particular discipline, please call and discuss. It is required that participants hold current legal liability insurance in the jurisdiction in which they practice.

Standard Requirements

Learners in this program must have access to the Internet (preferably high speed), a computer, a printer, and be familiar (or willing to become familiar) with Skype and Adobe Connect, and willing to become familiar working in an online environment.. They must be reachable by Email (have a current, valid email address), and telephone (provide a current telephone number). Most communication will take place electronically. Learners are responsible for own communications service requirements.

Although learners may not consider themselves “expert” in online activities, a willingness to learn will go a long way! Learners must also be willing to take part in online discussions, complete group activities when indicated, and be “team” players.

The Program at a Glance

Module 1: The Foundational/Core Aspects of CBT Model with Depression as treatment model

The fundamental principles, concepts, techniques, and strategies of CBT, including basic theory, how to conceptualize clients’ problems and use a CBT approach, and how to develop effective interventions

Module 2: Utilizing CBT with clients experiencing Stress and Anxiety

Disorders

Use of CBT with clients presenting with anxiety disorders, including stress, generalized anxiety disorder, adjustment disorders, phobias, panic disorder, social phobias, obsessive compulsive disorder, and post-traumatic stress disorder.

Module 3: Exploring CBT with Personality Disorders

Use of CBT in the treatment of personality disorders including borderline, paranoid, avoidant, antisocial, obsessive-compulsive and histrionic personality disorders.

Module 4: Practitioner Portfolio Development/Supervision Hours

The Portfolio will include the following: Results from testing during the program; formative and summary feedback from the course instructor on general learning, two recorded therapy sessions, four written case conceptualizations, and 10 supervised CBT cases. For learners planning to become certified with the Academy of Cognitive Therapy and/or The Canadian Association for Cognitive Behaviour Therapy, they are responsible for knowing the guidelines for membership and for ensuring they meet the criteria. Please note that a period of practice as a Cognitive Behaviour Therapist is generally required.