



Monica O'Kelly & Associates Pty Ltd trading as  
**COGNITIVE BEHAVIOUR THERAPY AUSTRALIA**

*Presents*

## **Certificate in Cognitive Behaviour Therapy**

**Monday 29<sup>th</sup> April – Thursday 2<sup>nd</sup> May 2019**

**Venue: Fort Canning Lodge, Singapore**

### **Course presenters:**

**Dr Monica O'Kelly** - B Sc (Hons), Dip Ed, MB Sc, PhD, FAPS (CClin, CEDP)

**Dr Dom DiMattia** - BA, M Ed, Ed D



In this four-day course, participants will develop a thorough theoretical understanding of cognitive behaviour therapy and the skills specific to this mode of therapy. Teaching approaches will include lectures, modelling and a strong emphasis on skills practice in small groups with supervision. This is a course suitable for the beginner and for those wishing to refresh their skills. A qualification in a health or 'helping' profession such as social work, counselling or teaching, is a prerequisite. Provided that all requirements are met, the Certificate in Cognitive Behaviour Therapy will be awarded at the conclusion of the course.

### **Areas covered will include:**

**An Introduction to CBT, CBT with Depression, CBT with Anxiety, CBT with Anger**

**Workshop cost is AUD \$1580**

**Early bird price of AUD \$1480 applies if paid by 1<sup>st</sup> April 2019**

<b>Structure of the day:</b>	9 am – 12.30	lecturer input
	12.30 – 2 pm	lunch and practice session with partner
	2 – 5 pm	skills supervision

On the first day there is an introduction to CBT. On the three subsequent days, using CBT with depression, anxiety and anger are covered. Over the lunch break participants are expected to practice their skills in pairs. These sessions should be recorded and played back during the afternoon supervision, working in small groups with a trainer, focussing on skills development.

**Note:** Morning, afternoon tea and lunch will be provided. Participants will need to bring a recording device (dictaphone or mobile phone with voice recording capability) for use in the afternoon sessions.

**For further details registration and registration please contact: [training@cbtaustralia.com.au](mailto:training@cbtaustralia.com.au) or [www.cbtaustralia.com.au](http://www.cbtaustralia.com.au)**