

# CLINICAL WORKSHOPS SYDNEY FOR MENTAL HEALTH PROFESSIONALS - 2010

Series Presenter: Dr Chris Basten (B.A.(Hons); M.Psychol; Ph.D.)

*Chris is a clinical psychologist with over 16 years experience, including 14 years in consultation-liaison psychiatry at Westmead Hospital, as well as consulting to a rehabilitation provider and managing a private practice. He is an invited lecturer at Macquarie and Sydney Universities. Chris received his degrees in psychology from UNSW and Uni of Sydney. He has undertaken research in the fields of health psychology (adjustment to illness) and eating disorders and has been active in training GPs and psychologists in the area for many years.*

**\*\*See Page 2 for Abstracts\*\***

- 1. Friday 30<sup>th</sup> April                      9.00am – 5.00pm**  
**Optimising Adjustment to Injury and Disability using CBT.**
  
- 2. Saturday 29<sup>th</sup> May                      9.00am -5.00pm**  
**Integrating Motivational Interviewing and CBT for Anxiety and Depression.**
  
- 3. Friday 25<sup>th</sup> June                      9.00am – 12:30pm**  
**Assessing and Managing Suicide Risk in Adults and Adolescents.**
  
- 4. Saturday 30<sup>th</sup> July                      9.00am—12.30pm**  
**Increasing Motivation and Enhancing Compliance within Physical Therapy.**

**Venue:**

All workshops are at **The Vibe Hotel**, 111 Goulburn St, Sydney (2 blocks from Central Station).

**Catering:**

For the half-day workshops, morning tea will be provided; while in the full-day workshops morning tea, lunch and afternoon tea all provided for you.

**For all enquiries, please contact Jody – 02 9891-1766 or [jody@bastenpsychology.com.au](mailto:jody@bastenpsychology.com.au)**

*Please note: Cancellations 14 days prior will receive a 50% refund. Cancellations within 14 days of a workshop will not be refunded other than for 'exceptional, unforeseeable circumstances', however, you may nominate an alternative attendee. All cancellations must be given in writing.*

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List of Workshops:	Price
<input type="checkbox"/> Optimising Adjustment to Injury and Disability using Cognitive-Behavioural Techniques – 30/4/10	\$352.00 \$220.00 <small>Student only</small>
<input type="checkbox"/> Integrating Motivational Interviewing and CBT for Anxiety and Depression – 29/5/10	\$352.00 \$220.00 <small>Student only</small>
<input type="checkbox"/> Assessing and Managing Suicide Risk in Adults and Adolescents – 25/6/10	\$198.00 \$110.00 <small>Student only</small>
<input type="checkbox"/> Increasing Motivation and Enhancing Compliance within Physical Therapy – 30/7/10	\$198.00 \$110.00 <small>Student only</small>

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**NB: Students must provide proof of student status.**

### Workshop 1

**Title:** Optimising Adjustment to Injury and Disability using Cognitive-Behavioural Techniques.

**Date:** Friday 30<sup>th</sup> April 2010 - 9.00am to 5.00pm

**Abstract:**

Injuries are “potentially disabling” and sometimes the level of “disability” has more to do with the person’s attitude and choice of behaviours than the actual injury. We know that. How do we convey that to the client who remains focused on their injury and how devastating it has been? This full-day workshop is designed to help you learn (1) what the common thinking traps are for anyone with an illness or injury, (2) how to help the person shift their thinking to the most adaptive that it can be, and thereby (3) get the best emotional and behavioural outcome for them. Chris has studied the CBT literature on this topic and shares a condensed summary with you. Clinical stages and strategies are presented for discussion. Case examples are used to demonstrate the use of cognitive, motivational interviewing and behavioural interventions. Some therapy materials (such as handouts and monitoring forms) will be provided.

**Suitable for:** Psychologists, rehabilitation counsellors, and medical professionals

### Workshop 2

**Title:** Integrating motivational interviewing and CBT for anxiety and depression.

**Date:** Saturday 29<sup>th</sup> May 2010 - 9.00am to 5.00pm

**Abstract:**

This full-day workshop is designed to help participants use the techniques and tone of motivational interviewing (MI) in the practice of CBT. The workshop will incorporate lecture materials, role-plays and other exercises designed to increase skill acquisition and therapy techniques demonstrated by the presenter. Before being able to teach the therapy skills, some background theory and several preceding skills will be taught. This includes understanding the common reasons for ambivalence about change and even therapy (sometimes manifesting as ‘resistance’). Case examples will be used to illustrate how a clinician who is proficient with CBT can employ MI techniques at any stage in assessment or treatment to achieve a better outcome with their client. Materials and handouts will be provided to optimise skills acquisition and ongoing learning beyond the workshop.

**Suitable for:** Psychologists and other health professionals who are already quite familiar using CBT for treating anxiety and depression.

### Workshop 3

**Title:** Assessing and Managing Suicide Risk.

**Date:** Friday 25<sup>th</sup> June - 9.00am to 12:30pm

**Abstract:**

In this focused half-day workshop, you will learn about (1) the most reliable predictors of attempted and completed suicide, (2) how to assess suicide risk in adult clients and (3) effective management steps based on your assessment. Suicidal ideation is especially common in people experiencing anxiety disorders, chronic pain and physical illness, depression and substance use. Therefore the clinician needs to have a range of interviews skills to accurately gauge suicidal risk, while optimising rapport. The workshop includes lecture content and problem-solving learning. Materials provided in the workshop include assessment tools (informal checklists, standardised questionnaires), safety contract pro-formas and a list of resources.

**Suitable for:** Psychologists, rehab counsellors, social workers, medical professionals, allied health professionals with some mental health experience.

### Workshop 4.

**Title:** Increasing motivation and enhancing compliance within physical therapy.

**Date:** Saturday 30<sup>th</sup> July - 9.00am to 12:30pm

**Abstract:**

This practical skills-development session is devoted to teaching participants ways to increase their clients’ self-management and active participation in treatment. The workshop starts by helping you to identify the nature and source of motivational problems. Several techniques are taught to help you help your clients (even the apparently ‘resistant’ ones), including, locus of control theory, education, motivational interviewing, and optimising natural rewards.

**Suitable for:** Physiotherapists, OTs and dietitians.