

Center for CBT Sudbury

Training Programs for Physicians & Primary Health Care Providers

Course Objectives

- To give individuals a foundation in Cognitive Behavioral Therapy (CBT)
- Each training hour from all below courses will provide 1 CEPD credit and will count towards the Academy of Cognitive Therapy (ACT) certification training criterion in specific CBT education

Learning Objectives

On completion of the course, participants will be able to:

- Explain the CBT Model
- Identify when CBT would be effective in practice
- Implement CBT in practice

Three levels of training are being offered

Training Option 1: Half day-4 hours (4 CEPD credits):

Basic overview of CBT model & some applied skills

Dates as requested

"This Group Learning program meets the certification criteria of The College of Family Physicians of Canada and has been certified by the Northern Ontario School of Medicine, Continuing Education and Professional Development Office half day program for up to 4.0 Mainpro+ credits."

Training Option 2: Full day-7 hours (7 CEPD credits):

Same as option 1 plus application of case scenarios and role play for applied skills

Dates as requested

"This Group Learning program meets the certification criteria of The College of Family Physicians of Canada and has been certified by the Northern Ontario School of Medicine, Continuing Education and Professional Development Office full day program for up to 7.0 Mainpro+ credits."

Training Option 3:

30 hour intensive CBT training program covering training required to have introductory level knowledge to work as a cognitive behavioural therapist (30 CEPD credits). Group sizes are limited

- Option 3 Course Dates:
 - September 23rd and 30th, 2017 9am to 5pm
 - October 21st and 28th, 2017 9am to 5pm
 - November 16th, 2017 5pm to 7pm

"This Group Learning program meets the certification criteria of The College of Family Physicians of Canada and has been certified by the Northern Ontario School of Medicine, Continuing Education and Professional Development Office full program for up to 30.0 Mainpro+ credits."

Center for CBT Sudbury: www.centerforcbt.ca; staceyrolestherapy@gmail.com; peter@pagnutti.ca; (705) 929-1612

Claiming your credits: Please submit your credits for this activity online at www.cfpc.ca/login. Please retain proof of your participation for six (6) years in case you are selected to participate in credit validation or auditing.



Center for CBT Sudbury

Training Programs for Physicians & Primary Health Care Providers



Course Objectives:

- To give individuals a foundation in cognitive behavioral therapy.
- All training hours will count towards the Academy of Cognitive Therapy (ACT) certification training criterion of specific CBT education.

Three levels of training are being offered

Training Option 1:

Half day-4 hours (4 Mainpro+ credits)

- Basic overview of CBT model and some applied skills
- Dates as requested

Training Option 2:

Full day-7 hours (7 Mainpro+ credits)

- Same as above plus application of case scenarios and role play for applied skills
- Dates as requested

Training Option 3:

30 hour intensive CBT training program covering training required to have introductory level knowledge to work as a cognitive behavioural therapist (30 Mainpro+ credits). Group sizes are limited

- Introduction-CBT the Basics
- Case Formulation
- CBT for Depression and Suicidal Thoughts
- CBT for Anxiety Disorders, Panic Disorders, Social Phobia & PTSD
- CBT for special topics
- Putting it all together

Option 3 Course Dates:

September 23rd and 30th, 2017 9am to 5pm

October 21st and 28th, 2017 9am to 5pm

November 16th, 2017 5pm to 7pm

Supervision Option: Individual or group supervision is also available



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Course Faculty:

Stacey Roles RN BScN MScN

Certified Trainer Consultant & Diplomate-Academy of Cognitive Therapy

Certified Cognitive Therapist-Canadian Association of Cognitive Therapy

Email: staceyrolestherapy@gmail.com

Phone: 705-929-1612

Stacey Roles is an Academy of Cognitive Therapy (ACT) Certified Trainer Consultant and Certified Cognitive Therapist and is also credentialed with the Canadian Association of Cognitive and Behavioural Therapies. She is an Advanced Practice Nurse, an Adjunct Professor at Laurentian University with the School of Nursing, and is Psychotherapy Faculty in the Psychiatry Program at the Northern Ontario School of Medicine (NOSM). Stacey also maintains a private practice.

Peter Pagnutti RN

Certified Cognitive Therapist

Diplomate-Academy of Cognitive Therapy

Email: peter@pagnutti.com

Phone: 705-929-1612

Peter Pagnutti is a Registered Nurse/Case Manager and is a certified Cognitive Therapist with the Academy of Cognitive Therapy. Peter has been working in the mental health field for over 20 years. He has experience working, with clients who suffer from severe mental illnesses, in both hospital and community settings.

Accreditation

These learning programs meet the accreditation criteria of The College of Family Physicians of Canada and have been accredited for up to (4.0, 7.0 and 30) Mainpro+ credits, as approved by the Continuing Education and Professional Development Office at the Northern Ontario School of Medicine.

N.B. The Academy of Cognitive Therapy and the Canadian Association of Cognitive and Behavioural Therapies has criteria separate from the Center for CBT Sudbury. Applicants must independently determine if they meet the requirements as set out by ACT and CACBT, should they wish to apply for certification. However, not meeting the ACT or CACBT requirements would not exclude an individual from being accepted into this program.



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Application Form

In order to be considered for enrolment into the intensive training program or to request 4 or 7 hour training, please complete the below and return to Stacey Roles staceyrolestherapy@gmail.com or Peter Pagnutti peter@pagnutti.com or mail to PO Box 23021 RPO Lasalle, Sudbury, ON, P3A 0A3

Physician Group or Individual Name _____
 Mailing Address _____
 City _____ Province _____ Postal Code _____
 Phone number _____ E-mail _____
 Designation(s)/Discipline(s)/Degree(s): _____
 Are you or the health care team all licensed? ____ yes ____ no
 Regulatory college(s) _____

CBT Clinical Experience: ____ yes ____ no if yes, explain _____
 Are you or your group in a setting where you will be able to use Cognitive Behaviour Therapy with clients on a regular basis? ____ yes ____ no
 If no is there an alternative? _____
 Are you or your group hoping to become certified by the Academy of Cognitive Therapy or the Canadian Association of Cognitive & Behavioural Therapies following completion of this course? ____ yes ____ no

Applying to Training:

Option 1: Half day (4 hour) training: \$1500 (for up to 10 participants) _____
 (\$1500 is for half day for up to 10 participants with opportunity to add additional participants at \$150 each)

OR

Option 2: Full day (7 hour) training: \$2000 (for up to 10 participants) _____
 (\$2000 is for full day for up to 10 participants with opportunity to add additional participants at \$200 each)

OR

Option 3: 30 hour intensive training (apply on an individual basis only) \$2000.00 _____ (Books: The core course book will cost approx. \$60. Other books, articles and audio/video will be suggested reading material)

Supervision Option: Please contact the supervisors listed above

Do NOT enclose payment until you are notified of your acceptance into the program