



Cognitive Behaviour Therapy Workshop

*The National Association of Cognitive Behaviour Therapies is running an
Advanced CBT Workshop*

*The Therapeutic Relationship as a Change Agent in CBT – Enhancing
Case Formulation, Collaborative Empiricism, and Guided Discovery
Using Socratic Dialogue*

Nikolaos Kazantzis, Ph.D. Melbourne, Australia.

Best Western Ashling Hotel, Parkgate Street, Dublin 8.

Friday 20th September 2013

9.30am-4.30pm

Light Lunch Provided

This workshop teaches advanced relationship skills within the cognitive-behavior therapy (CBT) framework. Many therapists experience significant challenges in engaging and motivating clients in CBT interventions, or find it difficult to foster client ownership of the therapeutic process. Therapists also commonly report difficulties in deciding whether it is more important to emphasize the therapeutic relationship or the use of techniques in CBT.

What benefits can you expect from this workshop?

Through clinical demonstrations and structured experiential exercises, the workshop explicitly addresses therapist behaviors and qualities that promote a facilitative therapy relationship, to:

- *Enhance core counseling skills with CBT case formulation*—learn how to use the CBT case formulation to adapt relationship elements for each client (e.g., empathy, goal consensus, positive regard/ affirmation, feedback)

- *Engage and motivate clients with collaborative empiricism* – learn the stages in empiricism to set-up techniques that are tailored for each client, from the point of selection through their evaluation
- *Harness ownership and hope with Socratic Dialogue and guided discovery* – learn stages of a ‘true’ discovery and appraise the role of the therapist influence/persuasion

Such knowledge is particularly important in achieving optimal outcomes for clients, especially those with persistent interpersonal difficulties and complex presentations. This workshop is useful for mental health professionals with knowledge of CBT, beginning through advanced.

Biography

Nikolaos Kazantzis, Ph.D. is a Clinical Psychologist with expertise in Cognitive Behavior Therapy (CBT) and Senior Lecturer in Clinical Psychology and Founder/ Director of the Cognitive Behavior Therapy Research Unit at La Trobe University in Melbourne, Australia.

Nikolaos’ specialist CBT training was undertaken primarily with Drs. Aaron T. Beck, Judith Beck, Cory Newman, and Leslie Sokol at the Beck Institute for Cognitive Therapy and Research in Philadelphia, and with Dr. Christine Padesky from the Newport Beach Cognitive Therapy Center in California. He has undertaken clinical work in various public health settings (inpatient, outpatient and community mental health), including a specialist Cognitive Therapy Centre. He has developed group-based CBT treatment programs for anxiety and mood disorders and currently works in a private medical centre, where he provides CBT for adults and specialist CBT supervision.

As a workshop presenter he is appreciated for his depth of knowledge, compassion, and engaging presentation style. He has developed CBT training programs for over 5,000 professionals, and has presented over 60 workshops in 12 countries worldwide. His clear, organized, and practical workshops blend the latest scientific developments on the role of therapeutic process with clinical innovation.

His collaborative research has resulted in over 100 scholarly publications, including 3 practitioner books, which have been translated into several languages (available from <http://www.nikolaoskazantzis.com>). Nikolaos is recipient of the Beck Institute for Cognitive Behavior Therapy’s 2012 Scholar Award for “*significant contributions to the field of cognitive therapy*”, and the Australian Association of Cognitive Behavior Therapy’s Early Career Award for “*research and clinical innovation in cognitive and behavior therapy.*”

Nikolaos is current Editor-in-Chief for the Australian Psychological Society’s professional practice journal “*Australian Psychologist*”, and Associate Editor for “*Cognitive Therapy and Research.*” He is also the International Association of Cognitive Psychotherapy’s international delegate for Australia.

Booking Form

Name: NACBT membership (for reduced fee)	
Institution/Affiliation:	(As you wish it to appear on conference badge)
Full Address:	
Email:	
Tel:	

Special Requests

If you have any special requests regarding access, diet or any other requirements, please let us know below:

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I enclose Cheque / Bank Draft for €100 made payable to NACBT

Reduced rate of €90 for NACBT members. If you would prefer to pay online please find details below. Please state on transfer that fee is for workshop

Name of Bank: Bank of Ireland
Address: Stephen Street, Sligo, Ireland.
Title of Bank A/C: National Assoc of Cognitive Behaviour Therapies LTD
Account No: 66816010
Sort Code: 90-54-40
IBAN: IE63BOFI9054 4066816010
BIC/Swift Code:BOFIE2D

Please return the completed booking form to and **Fees** or a record of how fees were paid to: **Maria McCarron Cognitive Behaviour Therapist, Psychotherapy Service, 193 Richmond Road, Fairview Dublin 3**

E-mail: mariamccarron@svhf.ie **Telephone:** Anne Marie Reynolds 086 8097865 or

Maria McCarron 01 8842419

Previous workshop participants said:

"Dr. Kazantzis was excellent and I feel privileged to have attended this workshop and learnt from him."

"I have already started to change my interaction to become more collaborative when working with my clients."