Cognitive Behavioural Therapy for Psychosis (CBT-p) Training delivers cutting edge, evidence-based support for both mental health practitioners and family caregivers. A proven treatment for mental illnesses such as depression and anxiety, CBT-p has been developed into a powerful therapeutic approach to promote recovery for individuals living with schizophrenia and psychosis. CBT-p Training helps professionals improve their practice by increasing their competency and capacity to provide CBT services. Families and caregivers will be able to use the CBT-p skills they have learned to better support and care for someone living with schizophrenia and psychosis.

### CBT-p Family and Caregiver Training (Introductory)
**October 29-30** - $250 per person

Through role play, multimedia demonstrations and direct coaching, this introductory 2-day workshop will cover a number of high yield techniques and teach caregivers ground-breaking CBT skills to give them the tools they need to feel empowered to provide the best support they can. The workshop will cover the following:

- Key caring principals
- Normalizing schizophrenia
- Making sense of psychosis
- Preventing relapse
- Working with medication
- Coping strategies

### CBT-p Training for Professionals
**October 31** - $225 per person

This workshop uses a variety of teaching formats to update participants on current strategies and practices of CBT in order to improve medication adherence and for the treatment of negative symptoms. The workshop covers three major themes:

- CBT to treat hallucinations and links to trauma
- CBT for delusions big and small
- Metacognitive and compassion-based CBT

### CBT-p Family and Caregiver 5-day Intensive Workshop (Advanced)
**November 2-6** - $750 per person

This advanced 5-day interactive training will help caregivers and families understand and apply key principals and techniques of CBT. The skills and insights learned can be used to help participants more effectively care for their family member with schizophrenia or psychosis. This workshop expands on the 2-day introductory workshop and is proven effective for improving and maintaining the well-being of the person they care for, as well as the participants themselves. The workshop will cover the following:

- Psychoeducation
- Key caring principles
- Making sense of psychosis
- Working with voices
- Working with delusions
- Preventing relapse
- Coping strategies
- Working with emotions
- Negative symptoms and cognitive problems
- Working with medication

Note: This advanced workshop is available only to those who have attended the 2-day introductory CBT-p Family and Caregiver Workshop training.

All Trainings will take place from 9:00am - 4:30pm at the Best Western Plus, Milton
161 Chisholm Drive, Milton, Ontario, L9T 4A6


For questions or more information, please contact info@schizophrenia.on.ca or call 1-800-449-6367

Registration link: [https://schizophreniasocietyontario.akaraisin.com/cbtpfaII6](https://schizophreniasocietyontario.akaraisin.com/cbtpfaII6)

Dr. Douglas Turkington is a Professor of Psychosocial Psychiatry at Newcastle University, UK. He is also a Founding Fellow of the Academy of Cognitive Therapy based at Philadelphia, USA. He has led numerous randomized controlled trials of CBT to study befriending, cognitive remediation and treatment in schizophrenia. He also acted as chief investigator of the largest pragmatic trial of low intensity CBT as delivered by psychiatric nurses in schizophrenia. Dr. Turkington will be supported by three experienced CBT trainers Latoyah Lebert, Dr. Farooq Naeem, Professor of Psychiatry, Queens University and Nazneen Rustom, PhD Candidate, Carleton University.