



# Best Practices: CBT for Depression and Suicide

## Dr. Christine Padesky

Chatham-Kent  
Mental Health  
& Addictions  
Program  
Chatham-Kent Health Alliance

March 26 & 27, 2015 (9:00 am-4:30 pm)

Registration starts at 08:30am both days

Aristos Banquet Hall (Smitty's)  
307 Grand Ave. W, Chatham ON



### Workshop Description

It is encouraging that each decade brings fresh knowledge and new findings to advance the successful treatment of depression and suicide. After 35 years of teaching these topics, Christine Padesky decided to take a fresh look at CBT for depression and suicide. She contacted several leading researchers to identify best practice guidelines; especially those that might be new to even experienced CBT therapists.

Although "best practices" always include some familiar practices, this workshop is designed for therapists at all experience levels. It emphasizes strategies to manage common obstacles encountered by therapists working with depressed and suicidal clients. For example, Padesky's clinical demonstrations and group exercises regarding behavioral activation teach principles and methods designed to target the inertia, pessimism and overwhelming fatigue that often discourage depressed clients from engaging in activities. Instead of only teaching the basics of Thought Record use, this workshop targets knowledge gaps and common errors made even by therapists who have used this method for many years: How do you identify and test images? What do you do if the hot thought is a core belief? What guideline teaches clients to find the most useful evidence that doesn't support the hot thought? In addition, Dr. Padesky integrates her seminal work on strengths-based CBT to illustrate how depressed and suicidal clients benefit when interventions build on existing strengths.

All therapists need to have a high level of skill in assessment of suicide risk. Most of the second day of the workshop teaches suicide assessment and interventions, including methods for working with suicidal imagery. Past participants especially appreciated that structured interviews and interventions are demonstrated and practiced; key forms are included in the workshop handouts. Drawing on evidence-based methods pioneered by Aaron T. Beck and David Jobes, Dr. Padesky illustrates interventions that can lower suicide risk, reduce suicide attempts, and increase client safety.

In today's healthcare environment it is especially important to use therapist resources as efficiently as possible. Learn:

- to focus on specific client symptoms to create "smarter" therapy
- how spacing sessions can reduce the "discontinuation effect"
- when group therapy can be as effective as individual therapy
- to structure CBT to maximize client participation, skill development and relapse risk reduction
- to choose interventions that are most likely to help in the time available
- how to engage a client so he or she gives these interventions a full opportunity to help, and
- what interventions are most effective for pessimism, hopelessness and negativity so these do not produce a drag on therapy's effectiveness.

To enhance learning, participants observe skillful demonstrations by Dr. Padesky and then try out best practice methods in role plays and guided exercises. Detailed handouts help sustain learning post-workshop. While depression and suicide are serious topics, this workshop is designed to be engaging, fun and uplifting. It provides an evidence-based foundation for therapist practice so you can honestly communicate positive therapy expectations to your depressed clients. Join us for this state of the art workshop that reveals a wealth of "Best Practices in CBT for Depression and Suicide."

## Workshop Objectives

Attendees learn to:

- Use a structured interview to assess suicide risk
- Individualize suicide intervention plans
- Employ 3 behavioral experiments to increase anti-depressant client activity
- Use client symptom measures to guide treatment and decision-making
- Test negative automatic thoughts in action as well as on paper
- Incorporate client strengths into treatment

## Workshop Presenter:



**Christine A. Padesky, Ph.D.**, is considered one of the leading cognitive therapy workshop presenters in the world, appreciated for her depth of knowledge, compassion, and good-humored warmth. She has presented over 450 workshops to more than 45,000 professionals throughout North and South America, Europe, and Asia as well as 25 workshops with cognitive therapy's founder, Aaron T. Beck, M.D. Her clear, organized and compelling presentations integrate theory, empiricism, creativity, audience interaction and practical skills.

Co-founder in 1983 of the Center for Cognitive Therapy in Huntington Beach, California, Dr. Padesky was one of the earliest therapists to use CBT with depression (beginning in 1978). She is a Distinguished Founding Fellow of the Academy of Cognitive Therapy and former President of the International Association for Cognitive Psychotherapy. In 2002, the British Association of Behavioural and Cognitive Psychotherapies (BABCP) named Dr. Padesky the "Most Influential International Cognitive-Behavioural Therapist." In 2003 she received recognition for her Distinguished Contribution to Psychology from the California Psychological Association. In 2007 the Academy of Cognitive Therapy honored her with its Aaron T. Beck Award for enduring contributions to the field.

Dr. Padesky provides consultation to mental health professionals worldwide. She develops audio CD and DVD training materials (described at [www.Store.Padesky.com](http://www.Store.Padesky.com)) that demonstrate cognitive therapy processes and protocols and is a featured therapist in several award-winning educational films. She is co-author of books translated into 23 languages including *Collaborative Case Conceptualization*, *Cognitive Therapy of Personality Disorders*, *Clinician's Guide to Mind Over Mood*, and *Cognitive Therapy with Couples*. BABCP voted her bestselling cognitive therapy self-help book *Mind Over Mood: Change How You Feel by Changing the Way You Think* ([www.mindovermood.com](http://www.mindovermood.com)) the most influential cognitive therapy book of all time.

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 Ontario  
Erie St. Clair Local Health  
Integration Network  
Réseau local d'intégration  
des services de santé  
d'Érié St. Clair

This event is co-sponsored by Erie-St.Clair Local Health Integration Network.

Registration Fee will be waived for all ESC LHIN funded agencies including Alzheimer Societies System Navigators and the Mental Health & Addictions Telemedicine Nursing groups within Erie-St.Clair LHIN (seats limited)

# AGENDA

**DAY 1: (9:00 AM—4:30 PM)**

**REGISTRATION : 08:30 AM**

## **DAY 1: MORNING**

### ***Behavioural Activation***

- Getting depressed clients moving again
- Pleasure, mastery & overcoming avoidance
- 3 highly effective behavioural experiments

### ***Maximize the effect of individual & group therapies***

- Target specific symptoms
- Track progress
- Build hope

## **DAY 1: AFTERNOON**

### ***Cognitive Skills***

- Negative automatic thoughts & images
- Test thoughts & images in action and on paper

### ***Maximize the effect of individual & group therapies***

- Match therapy focus to client need
- Identify and build on client strengths

**DAY 2: (9:00 AM—4:30 PM)**

**REGISTRATION : 08:30 AM**

## **DAY 2: MORNING**

### ***Suicide***

- Suicide as solution: Risk assessment
- Integrated Care: Clinicians and Families
- Building hope: Bridges and lifelines

## **DAY 2: AFTERNOON**

### ***Suicide Interventions (continued)***

- Coping Cards
- Imagery Interventions

### ***Reduce Relapse Risk***

- Dampening the “discontinuation effect”
- What is continuation therapy? How does it work?
- Self-assessment and self-help during and after therapy

### ***Brief Therapy Guidelines***

- Scores that predict when booster sessions will help
- Collaborative choices

### ***Workshop Summary***

# REGISTRATION FORM:

**This event is co-sponsored by Erie-St.Clair LHIN**

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**Registration Fee for Service Providers outside of Erie-St.Clair LHIN is \$350.00 for 2 days with lunch and course materials - seats limited**

Are you employed at an Erie-St.Clair LHIN Funded Agency?  Yes  No

Name: \_\_\_\_\_

Title/Position: \_\_\_\_\_

Organization: \_\_\_\_\_

Work Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Work Telephone #: \_\_\_\_\_ Fax #: \_\_\_\_\_

Email Address: \_\_\_\_\_ Dietary Restrictions: \_\_\_\_\_

**PAYMENT:** Payment may be made by personal or institutional cheque. Make payable to Mental Health and Addictions Program Education Fund or use your credit card. Payment must be received prior to conference. Confirmation of Registration will be sent via email. Receipts will be provided at conference. **Registration Deadline : March 13, 2015 by 5:00pm.**

**CANCELLATIONS:** Cancellations received two weeks or more prior to event will be eligible for a full refund, minus a \$50 cancel fee. Cancellations received less than two weeks before event are not refundable. However you may send substitute.

Cheque Enclosed  MasterCard  Visa Total Charge: \$ \_\_\_\_\_

Cardholder's Name (as appears on card) \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

Expiry: \_\_\_\_\_ Signature: \_\_\_\_\_

## Fax Registration to:

Melissa Weber, CKHA MHAP Education Coordinator

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Tel: 519.436.6100 x2228 Fax: 519.351.9203 Email: [mweber@ckha.on.ca](mailto:mweber@ckha.on.ca)

Registration/Cancellation details deadline is March 13, 2015