

HOW TO REGISTER



On Line: Register on our secure website at:
www.cognitiveworkshops.com



Fax: Fax the completed registration form to:
1-888-803-5883



Mail: Mail the completed registration form to:
Cognitive Workshops
108-858 Bank St., Ottawa, ON K1S 3W3



Please include payment or invoice instructions with your registration. We accept cheque (payable to Cognitive Workshops), Visa or MasterCard, or we can invoice your employer. Please indicate payment method below.

For more information, contact the Conference Organizer,
Dr. Lorna Tener on 1-888-379-4770, or
tener@cognitiveworkshops.com

TIMES & VENUE INFORMATION: The workshop runs from 9-5 both days. Lunch is not included with registration but there is a great variety of restaurants within a short walk of each venue. Lunch is from 12:00 to 1:30 daily.

Ottawa — Ottawa Congress Centre, 55 Colonel By Drive, in the Capital Hall on the ground floor, www.ottawacongresscentre.com, 613-563-1984
Toronto — St Lawrence Centre for the Arts, 27 Front St. E., Jane Mallett Theatre, www.stlc.ca, 416-366-1656.

Vancouver — The Norman Rothstein Theatre, Jewish Community Centre, 950 West 41st Ave., www.jccgv.bc.ca, 604-257-5111.

Cost of Workshop:

\$265 +GST — *Early Bird Rate, up to Aug. 31 for Ottawa & Toronto, up to Sept. 30 for Vancouver (\$283.55 including tax)*

\$300 + GST — *Full Rate, after Aug. 31 for Ottawa & Toronto, after Sept. 30 for Vancouver (\$321.00 including tax)*

Workshop Aide: \$200 + GST

(\$214.00 including tax) This reduced price is available for a limited number of participants who are willing to help with registration at the beginning and end of each day. Contact Dr. Tener for more information.

Student Rate: \$185 + GST

(\$197.95 including tax) This rate is available for full-time students only. Please provide proof of student status with registration (i.e. copy of student card or letter from faculty).

Group Discount: Groups of 5 or more **booking at the same time** are eligible for a 5% discount. Groups of 10 or more receive 10% off. Not applicable to Student or Workshop Aide rates.

Cancellation Policy: Cancellations received two weeks or more prior to the event will be eligible for a full refund, minus a \$50 administration fee. Cancellations received less than two weeks before the event are not eligible for any refund, no matter what the reason. However, you may send a colleague in your place.

Education Credits: Certificates of Attendance will be provided at the end of the workshop.

Hotels: Hotel choices are listed on our website, or tick the box below and we'll send one to you with your confirmation.

Please register me for
Constructing A New Self in:

Ottawa Toronto Vancouver

Name: _____

Address: _____

City: _____ Province: _____

Postal Code: _____ Profession: _____

Day Phone: _____ Evening Phone: _____

Fax and/or E-mail: _____

- \$321.00** Full Rate (Ott-Tor after Aug 31, Van after Sept 30)
 \$283.55 Early Bird Rate (Ott-Tor to Aug 31, Van to Sept 30)
 \$214.00 Workshop Aide (please call Dr. Tener first)
 \$197.95 Student Rate (include proof of student status)

\$ _____ **Total amount** All prices include GST (#111196903)

Check here if you would like us to send you hotel information.

Please indicate payment method:

Cheque — payable to "Cognitive Workshops"

Visa **MasterCard**

Invoice — Please provide on a separate sheet the name, address, and phone number of the person responsible for payment to whom the invoice should be sent.

If using a credit card, please provide details below:

Card # _____

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Constructing a New Self

A Cognitive Therapy Approach to Personality Disorders

A two-day workshop given by
Dr. Christine A. Padesky

Sept. 12-13, 2005

Ottawa, Ottawa Congress Centre

Oct. 17-18, 2005

Toronto, St. Lawrence Centre

Nov. 7-8, 2005

Vancouver, Norman Rothstein Theatre

An intensive two-day workshop, led by one of the world's leading cognitive therapy instructors, that will help you treat a range of personality disorders using cognitive therapy techniques. This workshop targets construction of new belief systems, rather than focusing on dysfunctional beliefs and behaviours. Using clinical demonstrations, structured exercises, didactic presentations, thorough handouts and engaging videos, Dr. Padesky will show you how to guide clients to construct a "new" system of personality that offers possibilities and hope.


Learn therapy skills that are necessary across all personality disorder diagnostic combinations:

- Establish and maintain a collaborative relationship regardless of client personality style.
- Employ constructive communication in times of therapy impasse and conflict.
- Help clients recognize the benefits of personality change.
- Guide clients to construct a "new" system of personality that is desirable to them.
- Build new beliefs and interpersonal skills that strengthen and sustain the new personality system.

**COGNITIVE
WORKSHOPS**

www.cognitiveworkshops.com

Constructing a New Self is designed for intermediate and advanced cognitive therapists, although beginning cognitive therapists are welcome to attend.



Constructing a New Self

A Cognitive Therapy Approach to Personality Disorders

AGENDA

DAY 1 — Cognitive Theory and Practice Overview

- Cognitive theory and profiles of personality disorders
- Axis I & Axis II treatment: Borderline personality disorder as illustration
- Common challenges to collaboration & strategic responses linked to personality disorder diagnoses

Constructive Communication: Clinical Demonstrations

- Constructive navigation of impasse
- Conflict resolution
- Therapist beliefs that intensify or help resolve therapy impasses
- Structured Small Group Exercises

Set the Stage for Personality Change

- Find a common and compassionate language
- Structured interview that helps clients conceptualize the “old” personality system
- Include a strengths perspective
- Identify pivotal underlying assumptions and core beliefs
- Highlight reasons for change

DAY 2 — Client Construction of “New” Personality

- Clinical demonstration: Help clients envision more adaptive beliefs and behaviours
- Use the “Old” / “New” worksheet to maintain greater therapy focus
- Advantages of focus on the “New”

“Test Drive” the New Model / Build New Beliefs and Skills

- Behavioural experiments that build more flexible interpersonal strategies
- Make predictions based on the “old” and “new” systems
- Maximize learning from naturally occurring events
- Use continua, core belief logs, & behavioural experiments to strengthen new beliefs

Prepare for Termination: Relapse Prevention

- Review relevant client learning
- Plan for continued experiments
- Predict difficulties that might challenge new system
- Construct active, specific plans to deal with potential challenges

There is growing evidence that cognitive therapy is an effective treatment for personality disorders. However, each case can seem to require a different treatment plan. Development of straightforward treatment protocols is hampered by the diversity of presenting problems within groups of clients with similar personality diagnoses. In addition, most clients who meet diagnostic criteria for one personality disorder meet criteria for two or more personality disorders.

This workshop approaches these dilemmas by teaching therapy skills that are necessary across all personality disorder diagnostic combinations. The skills chosen help therapists successfully navigate five critical tasks essential to cognitive therapy of personality disorders. The first two tasks are necessary for successful treatment of both Axis I and Axis II presenting problems:

- 1) Establish and maintain a collaborative relationship regardless of client personality style.
- 2) Employ constructive communication in times of therapy impasse and conflict.

The final three tasks illustrate the cognitive paradigm for treatment of personality disorders that Dr. Padesky has been actively developing over the past fifteen years:

- 3) Help clients recognize the benefits of personality change.
- 4) Guide clients to construct a “new” system of personality that is desirable to them.
- 5) Build new beliefs and interpersonal skills that strengthen and sustain the new personality system.

Rather than focusing on dysfunctional beliefs and behaviors, methods taught target construction of new belief systems and interpersonal behaviour patterns. Concrete steps are outlined and demonstrated using client examples. Participants apply skills in common clinical situations via structured role-plays. Workshop handouts offer guidelines for choosing treatment methods matched to personality disorder diagnoses.

Whether you want to learn more about working with a specific personality disorder (e.g., borderline personality disorder), a particular type of impasse (e.g., avoidance, rigidity or angry attacks), or your own reactions (e.g., irritation with a particular client), this workshop is designed to enhance your understanding and skills.

Learning is enriched through clinical demonstrations, structured participant exercises, didactic presentations, video segments, written handouts, and analyses of interpersonal clinical processes. For those who attended the previous *Transforming Personality* workshops, this new workshop adds greater specificity and clarity to Padesky’s therapy approach along with new, more specific interview methods. This workshop is designed especially for intermediate and advanced level cognitive therapists. Although beginning cognitive therapists are welcome to attend, knowledge of basic CT skills is assumed and protocols for treating Axis I disorders will not be taught.



CHRISTINE A. PADESKY, PH.D., is considered one of the leading cognitive therapy presenters in the world, appreciated for her depth of knowledge, compassion, and good-humoured warmth. She has presented over 300 workshops to more than 30,000 professionals throughout North America and Europe as well as 25 workshops with cognitive therapy’s founder, Aaron T. Beck, M.D. Her clear, organized and compelling presentations integrate theory, empiricism, and creative clinical innovations.

Co-Founder in 1983 of the Center for Cognitive Therapy in Huntington Beach, California, Dr. Padesky is a Distinguished Founding Fellow of the Academy of Cognitive Therapy, recipient of the Distinguished Contribution to Psychology award from the California Psychological Association, and was named Most

Influential International Female CBT Therapist by the British Association for Behavioural and Cognitive Psychotherapies (BABCP). She is co-author of five books translated into 17 languages (*Mind Over Mood*, *Clinician’s Guide to Mind Over Mood*, *Cognitive Therapy of Personality Disorders (1st and 2nd editions)*, and *Cognitive Therapy with Couples*). BABCP voted her best selling client self-help manual, *Mind Over Mood*, the most influential cognitive therapy book of all time.

Dr. Padesky provides consultation to mental health professionals worldwide. She publishes cognitive therapy resources for the public (www.MindOverMood.com) as well as written and audio/video training materials for mental health professionals (www.padesky.com). She is featured therapist in three award-winning educational films.

OBJECTIVES

- Establish collaborative relationships with clients of many personality types
- Constructively communicate in the midst of therapy conflicts and impasses
- Employ a structured interview to help clients compassionately conceptualize their “old” personality system
- Organize therapy interventions with an “Old” / “New” conceptualization worksheet
- Design behavioural experiments that test predictions based on “old” and “new” systems
- Strengthen new core beliefs via continua, core belief logs, and behavioural experiments

Recommended reading: Beck, A.T., Freeman, A., Davis, D.D., Pretzer, J., Fleming, B., Arntz, A., Butler, A., Fusco, G., Simon, K.M., Beck, J.S., Morrison, A., Padesky, C.A., & Renton, J. (2004). *Cognitive therapy of personality disorders, 2nd edition*. New York: Guilford Press.

NOTE TO PREVIOUS ATTENDEES:

It has been seven years since Dr. Padesky constructed a workshop on cognitive therapy of personality disorders and nearly five years since she last taught that workshop (“*Transforming Personality*”) in Canada. This new 2005 workshop, “*Constructing a New Self*,” explores recent developments in the treatment of personality disorders as well as clinical innovations pioneered at her Center for Cognitive Therapy over the intervening years. *Constructing a New Self* is designed for intermediate and advanced cognitive therapists. Although beginning cognitive therapists are welcome to attend, knowledge of basic CT skills is assumed and protocols for treating Axis I disorders will not be taught. Previous attendees of her *Mind Over Mood*, *Transforming Personality*, *CT Unplugged*, and *Harnessing Hope and Reducing Relapse* workshops are already familiar with many of the CT skills on which this workshop builds.