



Are pleased to present a one-day workshop by

Christine A. Padesky, Ph.D.

“Collaborative Case Conceptualization: Incorporate Strengths to Build Resilience”

Workshop information: A recent new approach to CBT case conceptualization (Kuyken, Padesky, & Dudley, 2009) offers a step-by-step model to guide therapists’ treatment planning with complex cases, especially when no single treatment model applies. This approach incorporates three guiding principles: (1) collaborative empiricism, (2) three levels of conceptualization that evolve over the course of therapy, and (3) incorporation of client strengths into each level of conceptualization so therapy is designed to both relieve distress and build resilience.

This workshop will demonstrate all three principles, with an emphasis on incorporation of client strengths into case conceptualization. Dr. Padesky models how to incorporate client culture, personal interests, imagery, and metaphors into constructive, strengths-based conceptual models. Participants will participate in structured exercises designed to develop relevant skills, and explore the implications of explicitly adding a strengths and resilience focus to CBT conceptualization and treatment. This is a multimedia workshop that enhances learning via live and video clinical demonstrations, structured role plays, small group exercises, and comprehensive handouts. Dr. Padesky is internationally renowned for her ability to convey complex clinical processes with simplicity, depth and humanity. In addition, audiences appreciate her clinical excellence, warmth, clarity and humour.

This workshop’s **learning objectives** are:

- Differentiate between three levels of case conceptualization
- Improve your awareness of how to search for “hidden” client strengths
- Practice methods to bring strengths into client awareness
- Collaborate with clients to construct conceptualizations that incorporate strengths and vulnerabilities
- Explore the added value of identifying client-generated metaphors and imagery

Don’t miss out! Learn this innovative approach that Aaron T. Beck calls a gold standard for how to develop individualized case conceptualizations with our clients.

When: Monday 7th November 2011 from 9.00am-5.00pm. Registrations: from 8.30 am.

Where: Sails on the Bay, 15 Elwood Foreshore, Elwood, VIC. (Melways ref 67 B5)

About the 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-humoured warmth. She has presented over 350 workshops to more than 40,000 professionals internationally, 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 California, Dr. Padesky 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 honoured 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 & DVD training materials (www.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 22 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 best selling cognitive therapy self-help book *Mind Over Mood: Change How You Feel by Changing the Way You Think* (www.mindovermood.com) the most influential cognitive therapy book of all time.

Register online at www.aacbtvic.org.au or complete the Workshop Registration Form over page & send to AACBT Victoria, PO Box 841, Parkville, VIC 3052

Please email workshops@aacbtvic.org.au for any enquiries



Registration form for one-day workshop by

Christine A. Padesky, Ph.D.

**"Collaborative Case Conceptualization: Incorporate Strengths to Build Resilience"
Monday 7th November 2011 @ Sails on the Bay, Elwood**

Title: _____ Name: _____

Organisation _____

Address: _____

Suburb: _____ State: _____ Postcode: _____

Telephone: _____ Fax: _____

Email: _____

Registration Cost (inc. GST):

- Member Early Bird \$290 (closes Sept 2nd 2011)
- Student Member Early Bird \$250 (closes Sept 2nd 2011; limited places available)
- Member (incl. students) \$320
- Non-Member \$390

Total: AU\$ _____

Member rates require membership current to 31/12/2011;
Students must present their student card at the workshop

**Registration incl. tea & coffee on arrival, morning tea, lunch,
afternoon tea & all workshop materials**

We will attempt to cater for dietary requirements advised: _____

Method of Payment:

- Cheque/Money Order (Please make these payable to 'AACBT Victoria')
- Visa
- MasterCard

Card Number: _____ Expiry Date: _____

Name of Card Holder: _____ CVV*: _____

*The Card Verification Value (CVV) number is on the back of your credit card; please list final three digits

Card holder's Signature: _____

Note: Confirmation of registration & receipt will be emailed to you

Please mail to:

AACBT Victoria, PO Box 841, Parkville, VIC 3052