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ON-DEMAND WEBINAR SERIES

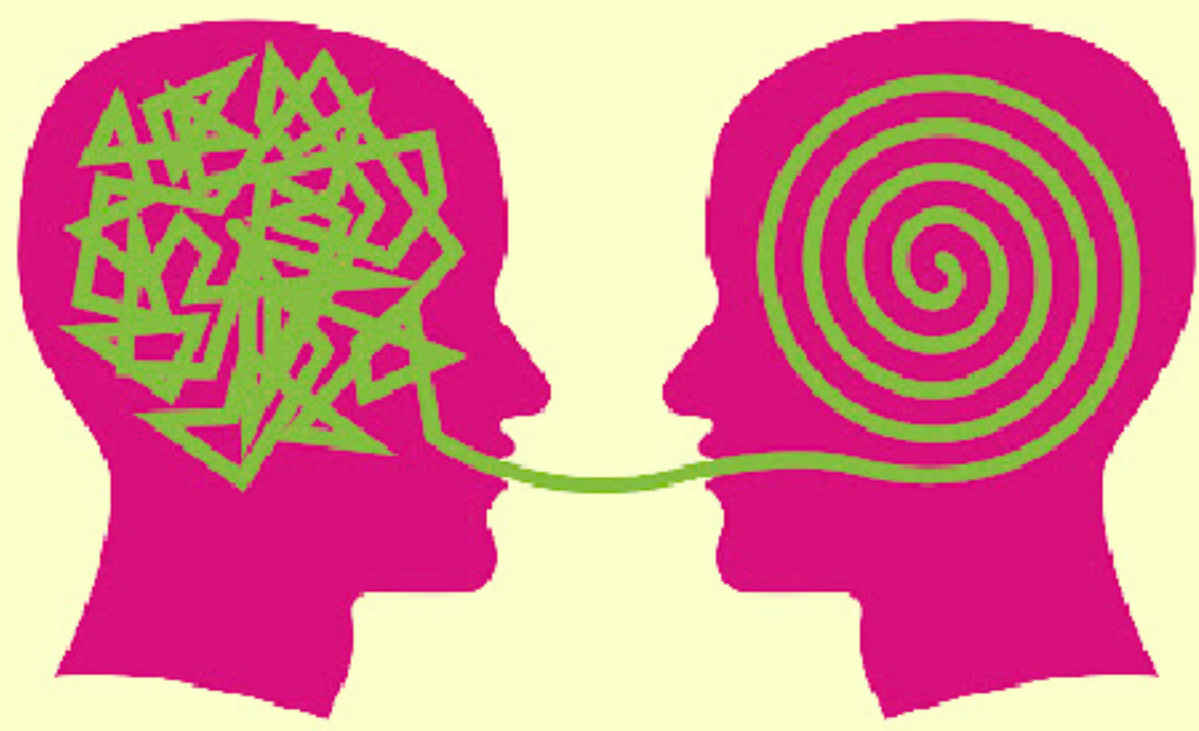
CBT Boot Camp

A: Get to Know CBT
B: Core CBT Skills



Dr. Samantha Waxman,
PhD, C.Psych, PMH-C

CBT Boot Camp



TWO PART SERIES

Description:

Are you looking to enhance or refresh your counselling & therapy skills? One of the most successful treatments in mental health is Cognitive Behavioural Therapy (CBT). It is a structured, time limited, problem-focused and goal-oriented form of psychotherapy. CBT helps people learn to identify, question & change how their thoughts, attitudes & feelings relate to the emotional & behavioural reactions that cause them difficulty. CBT is particularly successful in anxiety & depression, but also in treating substance use disorders, bipolar disorder, eating disorders, PTSD, panic disorder, OCD, specific phobias & more. In this two part webinar series, we invite you to join **Dr. Samantha Waxman PhD, C.Psych, PMH-C**, who will teach (or refresh) you on the CBT basics & go through the core CBT skills - for better results & positive life changes for your patients & clients.

Includes (For Each Part):

- 2 hours of Continuing Education
- The "live" webinar if registering in advance
- On-Demand Access for at Least a Year
- Certificate of Completion
- Q&A Session
- PDF handouts to view or print



\$75 + GST

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