

**Integrated & Experiential CBT: 5 Day Intensive Training June 19-25**

Take advantage of one-time special introductory pricing for our new workshop on Cognitive Behaviour Therapy led by Dr. Sanjay Rao, MD, FRCPsych, MBA.

This 5-day intensive training provides a foundation for integrating three waves of CBT development: cognitive, behavioural and 3rd wave, with a focus on developing experiential skills in practice. The use of CBT as a therapeutic modality for psychosis will also be covered. The course will use experiential exercises, role-plays, demonstrations, video, workshop presentations and discussions to provide an accessible learning experience. The focus of the course will be hands-on skill practice.

**Target Audience:**

This workshop is appropriate for any professional with ongoing practice of delivering individual therapy to clients with mental health problems.

**Cost:** $1,000 for five days.

**Register:** <https://www.eventbrite.ca/e/new-integrated-experiential-cbt-5-day-intensive-training-registration-33715268275>

**Facilitator:** Dr. Sanjay Rao,

*MD, Clinical Director, Mood and Anxiety Program at The Royal*
*Associate Professor of Psychiatry at the University of Ottawa*
*Additional Professor of Psychiatry at Dalhousie University.*

Dr. Rao has developed CBT training and services in England and across Nova Scotia, where he is contracted with the Department of Health and Wellness. The outcome of his training has been presented in national and international meetings.