



RUMINATION FOCUSED COGNITIVE BEHAVIOURAL THERAPY

Booking link : <https://unifiedcbt.com/workshops/>

Website: <https://unifiedcbt.com/>

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MEET YOUR TRAINER

Dr. Sanjay Rao

DIRECTOR OF UNIFIED CBT & PROFESSOR OF PSYCHIATRY, MBBS, MD, FRCPSYCH, FRCPC, MBA

Dr. Sanjay Rao, the director of Unified CBT Academy, is an experienced teacher and Associate Professor of Psychiatry at the University of Ottawa. He has delivered over 250 workshops in Cognitive behavioural therapies, presented in national, international conferences and published in several scientific journals. He has trained in CBT, DBT, Mindfulness-based therapies, and strength focussed coaching. Throughout his career, he was awarded a Fellowship of the Canadian Association of Cognitive Behavioural therapy for his contribution to CBT in Canada and has received an award from the Department of Health, UK for CBT development.



COURSE DETAILS

DATE

Friday June 5, 2020

TIME

10:00 am-4:30 pm(ET)

VENUE

Webinar
1390 Prince of Wales Drive, Suite 110
Ottawa, Ontario K2C 3N6

BOOKING LINK

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FEES

Early Bird Fee: \$199 (until May 4th, 2020)
Student Fee: \$180
Full Fee: \$225

COURSE DESCRIPTION



Rumination is a common phenomenon across a range of conditions like posttraumatic stress disorder and social anxiety disorder. It can be a challenge for therapists as it is associated with poor clinical outcomes. Rumination may go undetected and derail therapy.

Several interventions have been tried for rumination including cognitive behavioural, mindfulness and metacognitive approaches. The workshop will review the applied research on rumination. It will focus on developing skills to recognise this commonly occurring phenomena and learn interventions using a structured approach. The interventions involve understanding the adaptive and maladaptive role of rumination, analysing the process, emotions and content of rumination, tracking rumination and applying a stepped approach to intervention for rumination.

Participants will be able to practice a template for intervention using exercises, role plays and discussions. They will also receive practical tips on how to prevent rumination from hijacking the therapeutic alliance. Techniques will be derived from a range of cognitive behavioural schools (behavioural, cognitive, mindfulness and metacognitive awareness approaches).