

CBT

CANADA



supratentorial medicine



July 1, 2011

Dear Colleague:

RE: Medical CBT Certificate Program

There's a lot of psychology in primary care. Most clinicians estimate that over a third of their patient appointments are for predominantly psychosocial reasons.

Cognitive behavior therapy (CBT) is by far the most evidence-based psychosocial modality. The major clinical practice guidelines recommend CBT as a first-line intervention for a broad range of psychiatric disorders. In addition, CBT has proven efficacy as an adjunct treatment for many diagnoses that are primarily medical.

Unfortunately, most clinicians have found it very challenging to integrate orthodox CBT methodologies into relatively short medical appointments. As a result, only a minority of Advanced Practice Nurses are currently using CBT tools in their practice.

Medical CBT was developed with a deep understanding of the practice realities of primary care. Medical CBT assumes that interventions must be applied within normal medical appointments—which generally means 10-15 minutes—and that the number of those appointments will often be fewer than ideal. It sensibly integrates lifestyle and psychological interventions. It assumes a minimal background training in psychology and is blissfully free of “psychobabble”. Above all, medical CBT is *practical*.

The *Nurse Practitioners Association of Ontario* and *CBT Canada* are pleased to announce the **CBT Certificate Program** for Advanced Practice Nurses. Both Nurse Practitioners and Clinical Nurse Specialists are eligible. Certification requires the completion of four six-hour workshop modules, and a 75% grade on a multiple choice examination.

Workshop modules are available in traditional settings—and in resorts and on cruise ships. “Vacation CHE” has many advantages, and we encourage you to give it serious consideration. With vacation CHE, you may find yourself more relaxed and less distracted than with conventional CHE. You may enjoy greater interaction with faculty and peers. And you may appreciate the increased opportunities for reflection and consolidation of leanings.

Regardless of where you choose to train, please accept our invitation to gain skills in the important modality of medical CBT. As an MCT (*medical cognitive therapist*) you'll provide more effective psychological care within the constraints of your normal appointments—and quite likely enjoy your work even more. **Please join us at www.cbt.ca.**

Sincerely,

Greg Dubord, MD
CHE Director
CBT Canada

Sincerely,

Luise Wood, RN(EC), NP-PHC, BScN
Director of Membership and Education
Nurse Practitioners Association of Ontario



NURSE PRACTITIONERS'
ASSOCIATION OF ONTARIO

CBT

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Dear Colleague:

RE: Helpful hints

Get some helpful hints in dealing with common problems:

coping with borderline personality disorder | ways to refocus chronic complainers | methods for increasing medication compliance | practical pointers for managing the suicidal | insomnia treatment tips | the “maturity coaching” approach to dysthymia | the psychological management of panic disorder | tools for enhancing rapport with patients | “coping kits” for various emotional disorders | overcoming procrastination | helping patients cope with medical illness | methods to promote health grieving | helping lonely patients more effectively | assertiveness techniques | ways to improve stress hardiness | techniques to shift patients away from a disability focus | cognitive therapy for hypochondriasis | the best anti-worry tools ... and much, much more

The newsletter is always short & it’s sweet—and it’s always highly practical. Best of all, it’s entire free. To subscribe, email me at registrar@cbt.ca. Or fax the form below to (416) 203-6111. You’ll be doing more medical CBT before you know it!

Sincerely,

Ozlem Yucel
Registrar

Pretty please print

Name		Degrees
Address		
City	Prov	Postal code
Tel	Fax	
Email		

Fax to (416) 203-6111