

Treatment of Addictions with Rational, Emotive and Cognitive Behaviour Therapy Practicum

Professionals will further their knowledge of Rational Emotive and Cognitive Behaviour Therapy (RE&CBT) and its application in the treatment of addictions. Participants will learn how to conduct assessments, formulate treatment plans, and integrate behavioural and systems interventions using RE&CBT frameworks. Participants will also receive up to date information on RE&CBT research and its clinical applications. In addition, candidates will receive individual supervision in small groups.

Prior training in REBT or other forms of CBT is an asset.

Practicum Includes:

- Live demonstrations of therapy sessions
- Lectures on practical assessment strategies, case conceptualizations, and intervention skills
- Small group supervised practice of REBT and CBT skills

Eligibility

Open to psychiatrists, psychologists, social workers, addiction counsellors, nurses, mental health service providers and other helping professionals (e.g., clergy, correctional staff).