

Mount Sinai Psychotherapy Institute (MSPI)

Cognitive Behavioral Analysis System of Psychotherapy (CBASP): Hope for Chronic Depression

Sian Rawkins MD FRCPC & Melyn Leszcz MD FRCPC

Friday, June 19 and Saturday June 20, 2009

Friday, September 11 and Saturday, September 12, 2009

Friday all day (8:30am-5pm) and Saturday half-day (8:30am-12:30pm)

CBASP is an integrative psychotherapy modality originated by Dr. Jim McCullough and designed specifically for the treatment of chronic depression; it is recognized in Treatment Guidelines and has robust empirical support (N Engl J Med 2000; 342:1462-70)

The MSPI is winner of the 2005 University of Toronto, Department of Psychiatry, Ivan Silver Award for Excellence in Continuing Mental Health Education

Learn practical, technical aspects of psychotherapy in an interactive format with standardized patients. At the conclusion of the course, participants will be able to:

- Recognize prominent maladaptive interpersonal behaviours of chronically depressed patients, and appreciate the resulting clinical challenges and potential pitfalls
- Understand and apply the key principles and techniques of CBASP in order to achieve real change in the lives of chronically depressed patients
- Formulate and explicitly communicate transference hypotheses, reflecting salient interpersonal themes as they come to life in-sessions.
- Utilize 'Disciplined Personal Involvement' to help patients become aware of their interpersonal impact within the here-and-now of the therapeutic alliance
- Apply techniques to recognize and reduce the risk of therapeutic impasses

Mount Sinai Psychotherapy Institute (MSPI)

The Mount Sinai Psychotherapy Institute is a University of Toronto, Faculty of Medicine accredited, psychotherapy training program that offers workshops and longitudinal supervision. Interactive, didactic workshops combine intensive in-vivo experiential training using standardized patients with electronic web-based clinical discussion. Workshops are combined with longitudinal one-on-one supervision for a comprehensive, individually tailored program of advanced training in psychotherapy. The MSPI Certificate Program and Workshops aim to facilitate improved therapeutic outcomes through application of both specific models and common therapeutic factors. Accreditation will be sought.

Suitable for supervisory faculty, psychiatrists, GP-psychotherapists, psychologists, social workers, nurses

WORKSHOP FACULTY

Dr. Sian Rawkins, Lecturer of Psychiatry at the University of Toronto, and is Head of the Ambulatory Psychiatry Program at Mount Sinai Hospital. Dr. Rawkins is a certified CBASP trainer, with equal proficiency in IPT, group, and integrative psychotherapy. She is a M.Ed. candidate, with her academic and clinical work focusing on psychotherapy, medical education, and general psychiatry. Dr. Rawkins is course director of this workshop.

Dr. Molyn Leszcz, Professor of Psychiatry at the University of Toronto, is Psychiatrist-in-Chief at Mount Sinai Hospital and Head of the Group Psychotherapy Program, Department of Psychiatry, University of Toronto. Dr. Leszcz has received numerous teaching awards at the University of Toronto. He has published in the areas of integrative and interpersonal approaches in group psychotherapy, group psychotherapy for geriatric depression and for the medically ill, and standards of practice and guidelines for psychotherapy. Dr. Leszcz co-authored, with Dr. Irvin Yalom, the 5th edition of *The Theory and Practice of Group Psychotherapy*.

OPTIONS

Participants can enrol in the workshop only or apply for the *MSPI Certificate in Psychotherapy Program*. Certificate candidates (minimum requirement – 2 years experience as a credentialed health professional and psychotherapist) are expected to complete the workshop, and participate in 20 hours of one-on-one or small group supervision with an MSPI psychotherapy supervisor within a two-year period. Study credits are given for all group-learning activities.

<u>Fees</u>		<u>Workshop Registration</u>
Workshop only – two weekends	\$695.00	Please send registration form with payment to: Connie Kim Administrative Coordinator, MSPI Department of Psychiatry, Mount Sinai Hospital 942-600 University Avenue, Toronto M5G 1X5 Phone: 416-586-4800 Ext. 8419 Fax: 416-586-8654 Email: ckim@mtsina.on.ca
Certificate Candidates (by application) Workshop plus 20 session of supervision	\$3,495.00	
Please make cheque payable to:		
Mount Sinai Psychotherapy Institute		

REGISTRATION FORM

(WORKSHOP ONLY *)

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Please return registration with payment to
Connie Kim
Administrative Coordinator, MSPI
Department of Psychiatry, Mount Sinai Hospital
942-600 University Avenue
Toronto, Ontario M5G 1X5
Phone: 416-586-4800 Ext. 8419
Fax: 416-586-8654
Email: ckim@mtsinai.on.ca

Name: _____

Address: _____

City: _____

Prov/State: _____

Postal/Zip Code: _____

Telephone: _____

Fax: _____

Email: _____

Profession: _____

Place of Employment: _____

Lunch is included on the Friday of each workshop

Fee

Workshop – two weekends

\$695.00

Please make cheque payable to: **Mount Sinai Psychotherapy Institute**

**For those interested in the MSPI Certificate Program, please contact Connie Kim at ckim@mtsinai.on.ca*