

**Mount Sinai Psychotherapy Institute**

# **CBT for Anxiety & Perfectionism**

*April 12, 13 & June 14, 15, 2013  
Mount Sinai Hospital, Department of Psychiatry*

Faculty: Mark Fefergrad, MD, Greg Chandler, MD, Jared Peck, MD, and Peggy Richter, MD

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Cognitive Behavioural Therapy (CBT) is an evidence-based psychotherapy. Brought into prominence by Aaron Beck, CBT is now one of the most widely used psychotherapies everywhere from hospital-based psychiatry settings to the offices of solo psychotherapy practitioners. Its applications are broad and are clinically helpful for a wide variety of mood disorders, anxiety disorders, psychotic disorders and eating disorders.

In this interactive workshop, participants will learn about the conceptualization of anxiety disorders from a CBT framework. Experienced CBT therapists will guide you through a combination of didactic material, video-taped demonstrations, role play simulations and interactive exercises. Participants will learn and apply therapeutic techniques of cognitive challenging and exposure and response prevention that are powerfully effective in treating individuals with anxiety disorders and/or perfectionism – a clinical feature that can predict non-response if left untreated .

At the end of this workshop, participants will:

- Know cognitive theories and techniques to treat Generalized Anxiety Disorder, Social Phobia, Panic Disorder, and Obsessive Compulsive Disorder
- Apply cognitive conceptualizations in case formulations to strategically enhance treatment planning
- Use exposure and response prevention behavioural techniques
- Have an understanding and approach to recognize and clinically target Perfectionism.

CBT for Anxiety Disorders will be most beneficial for primary care and mental health professionals including nurses, family physicians, psychiatrists, social workers, psychologists, and occupational therapists including those with minimal training in CBT to those with some familiarity or occasional use for skill enhancement.

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## FACULTY

### Jared Peck, MD, FRCPC

Dr. Peck is Associate Head of the Ambulatory Psychiatry Program at Mount Sinai Hospital and a lecturer for the Faculty of Medicine, Department of Psychiatry at University of Toronto. Dr. Peck's academic and clinical work is focused in the areas of general psychiatry, psychotherapy, and medical education. He has completed training in cognitive behavioural therapy (CBT) at the Beck Institute for Cognitive Behavioural Therapy. He is a diplomat in the Academy of Cognitive Therapy (ACT) and certified in cognitive behaviour therapist with the Canadian Association of Cognitive and Behaviour Therapies (CACBT).



### Greg Chandler, MDCM, FRCPC

Dr Gregory Chandler is the Director of Inpatient Services at Mount Sinai Hospital and is a lecturer at the University of Toronto. Dr. Chandler has worked extensively with patients with mood and anxiety disorders. He conducts individual CBT and has run CBT groups for young bipolar patients. He is a supervisor for psychiatry residents learning CBT and also delivers the core curriculum lectures to junior residents learning CBT.



### Mark Fefergrad, MD, FRCPC

Dr. Fefergrad is the post-graduate training director at University of Toronto, Department of Psychiatry and a psychiatrist at Sunnybrook Health Sciences Centre, in Toronto. He is Head of the CBT Program at Sunnybrook Health Sciences Centre and served as Associate Head of the Psychotherapy Program in the University of Toronto from 2010-2012. He has presented nationally and internationally, using innovative teaching techniques to help demystify CBT and disseminate it to mental health professionals.



### Peggy Richter, MD, FRCPC

Dr. Richter is the inaugural head of the Frederick W. Thompson Anxiety Disorders Centre and Director of the Clinic for OCD & Related Disorders at Sunnybrook Health Sciences Centre. She is Associate Professor of Psychiatry at the University of Toronto, and serves as an Associate Scientist in the Sunnybrook Research Institute and an Affiliate Scientist in the Neurogenetics Program at the Centre for Addiction and Mental Health. Dr Richter is internationally known for her work in OCD, focusing her research on exploration of the genetic and biological basis of this illness, as well as better defining the boundaries of OCD and related spectrum disorders and improving treatment outcome. She has co-authored with Mark Fefergrad *Psychotherapy Essentials to Go: CBT for Anxiety* (Norton, in press).

