

COGNITIVE BEHAVIORAL THERAPY with MINDFULNESS (CBTm)

New Facilitator Training
OCTOBER 5 & 12, 2022 | 1200 - 1700



AGENDA

8.5 MOC Section 1 [Click here for full details](#)

October 5, 2022

- 1200 | Background, implementation, and science behind CBTm classes
- 1300 | Overview of training
- 1315 | Break
- 1330 | Class 1: CBT Model, cognitive therapy
- 1430 | Break
- 1445 | Class 2: Behavior therapy, goal setting
- 1545 | Break
- 1600 | Class 3: Healthy living, sleep

October 12, 2022

- 1200 | Class 4: Problem solving
- 1300 | Break
- 1315 | Class 5: Responding to stress, Wellness plan
- 1415 | Break
- 1430 | Implementation, research, & evaluation of classes and web-based course
- 1600 | Break
- 1615 | Feedback and evaluation of training

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Rady Faculty of
Health Sciences



Cognitive Behaviour Therapy with Mindfulness (CBTm)

is a skill-based educational program designed to help build resilience and improve mental wellbeing through evidence-based self-management strategies. The development of this program began in 2016 with a Manitoba Patient Access Network Grant, with the goal of improving timely access to evidence-informed mental health care.

Why should I participate in this training?

- To learn about the development of the CBTm program from the CBTm Hub Team
- To learn key cognitive and behavioural concepts, and how to apply them with your clients/patients.
- To learn about good quality resources and gain access to CBTm materials (i.e., PowerPoint slides and handouts) to deliver the program in group settings or on an individual-basis with your clients.

This event is online only

www.cpd-umanitoba.com