

# COGNITIVE BEHAVIOURAL THERAPY for PSYCHOSIS TRAINING (CBT-p) CBT-p Informed Caring for Caregivers

Delivered by Dr. Nicola Wright, Lisa Murata RN, BScN, MEd and  
Sophie Hwang MSW, RSW, PhD

**SATURDAY, SEPTEMBER 8  
& SUNDAY, SEPTEMBER 9  
2018**

9:00am - 4:30pm

\*Registration starts at 8:00am

**Royal Ottawa Mental Health  
Centre - Auditorium**

1145 Carling Avenue Ottawa ON

**Fee: \$275/person**

(Early Bird rate \$250  
until August 24th)

Price includes refreshments & lunch

## OVERVIEW

Cognitive behavioral therapy (CBT) is a form of therapy that helps a person become more conscious of their beliefs and patterns of thinking. Through multimedia demonstrations and direct coaching, this introductory two-day workshop will cover a number of high-yield techniques and teach groundbreaking CBT-p skills so caregivers can provide the best possible support to their loved one.

The workshop will offer practical tools and strategies to reduce feelings of anxiety and depression, and to build greater resiliency. Caregivers will also be able to practice learned skills and apply them to their everyday care situations.

## KEY LEARNINGS

The workshop will cover the following:

- Key caring principles
- Normalizing symptoms
- Making sense of psychosis
- Working with medication
- Coping styles
- Common red flags

## PRESENTERS

**Dr. Nicola Wright** is a clinical psychologist in the Schizophrenia Program at the Royal Ottawa Health Care Group and is a clinical professor with the school of psychology at the University of Ottawa. Dr. Wright is also a founding member of the Canadian Association of Cognitive Behavioural Therapy and an Insight-trained and certified-CBT-p facilitator.

**Lisa Murata** RN, BScN, MEd - is the Recovery Day Program nurse in the Integrated Recovery/Schizophrenia Program at the Royal Ottawa Mental Health Centre and is an RAO Best Practice Champion, a certified Solution-Focused Therapist and a member of the Motivational Interviewing Network of Trainers. Lisa has had Beck Institute for Cognitive Behavioural Therapy education and is currently pursuing membership with the Academy of Cognitive Therapy.

**Sophie Hwang** MSW, RSW, PhD - is a registered social worker and has an MSW from York University, an MEd in counselling psychology and a PhD in Education from the University of Toronto. Sophie is a Mental Health Counsellor with the Schizophrenia Society of Ontario, specializing in group and individual counselling, and has CBT-p training from the Beck Institute for Cognitive Behavioural Therapy.



The Schizophrenia Society of Ontario (SSO) is a charitable health organization that supports individuals, families, caregivers and communities affected by schizophrenia and psychosis across the province. For over 30 years SSO has made positive changes in the lives of people affected by schizophrenia, by building supportive communities, through services, education, advocacy and research into the social factors that directly affect mental illness.

Insight CBT Partnership was founded by Professor Douglas Turkington and Professor David Kingdon pioneering CBT research; a psychosis nurse therapist and an experienced health care business leader. Insight was formed in 2010 in response to an increasing need for high quality and leading edge CBT for psychosis training that adheres to NICE and PORT guidelines.

**REGISTER NOW**

For more information please contact: [sdeighton@schizophrenia.on.ca](mailto:sdeighton@schizophrenia.on.ca) or **1-800-449-6367 x.314**