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368, rue Dalhousie St., Suite 300
Ottawa, Ontario K1N 7G3
T. 613-562-0900 F. 613-562-0902
info@crhsp.ca www.crhsp.ca

Behavioural Activation Therapy: What You Need To Know

Moving Beyond DSM-5 to a Transdiagnostic Approach to Treating Emotional Distress

Dr. Simon Sherry Department of Psychology, Dalhousie University

Winnipeg, MB

April 11th, 2014 from 9:00 AM to 4:30 PM

Canad Inns Destination Centre Polo Park
1405 St. Matthews Ave, Winnipeg, MB R3G 0K5

One-Day Continuing Education Workshop



Dr. Simon Sherry

Dr. Sherry was trained by leading experts in behavioural activation therapy at the University of Washington. He is in clinical practice with Genest MacGillivray Psychologists, Halifax.

Winner of the Canadian Psychological Association President's New Researcher Award (2009), winner of the international H. J. Eysenck Memorial Fund Award (2011), winner of the Discovery Centre's Emerging Professional of Distinction Award (2012), and Associate Professor in the Department of Psychology at Dalhousie University.

Topic	Learning Objectives
1. Etiological model	Participants will learn what causes and maintains depression and related problems (e.g., disability from injury, chronic-pain problems) from a behavioural perspective (e.g., behavioural avoidance).
2. Empirical research	Participants will learn the strengths and the limitations of empirical research (e.g., randomized controlled trials) supporting behavioural activation therapy.
3. Assessment and treatment tools	Participants will learn how to use behavioural activation therapy to assess and to treat an injured, disabled, or depressed individual (e.g., using functional analysis). Instead of focusing on narrow diagnostic categories (as seen in the DSM-5), behavioural activation therapy targets transdiagnostic factors (e.g., deactivation and avoidance).
4. Troubleshooting	Participants will learn to recognize and to overcome common barriers to implementing behavioural activation therapy successfully (e.g., ensuring homework completion).
5. Co-morbidity	Participants will learn how to use behavioural activation therapy to assess and to treat an individual who has anxiety, an injury or medical illness, alcohol abuse, and other problems that commonly occur along with depression.
6. Relapse-prevention and beyond	Many problems recur. Participants will learn to prevent relapse using behavioural activation therapy (e.g., booster sessions).
7. (Contra)indications and limitations	Participants will learn to recognize which clients will benefit the most and who will benefit the least from treatment using behavioural activation therapy.
8. Emerging directions	Participants will learn about new areas in behavioural activation therapy (e.g., telehealth).

Dr. Sherry's workshop will involve dynamic, interactive strategies to help you consolidate your new learning, including: PowerPoint presentation, Role-playing, Live demonstrations, Case studies, Quizzes, Discussion questions.

Light breakfast will be offered from 8:00-9:00. Lunch, coffee/tea/beverages, and two refreshment breaks are included in the fee. Free parking is provided by Canad Inns Destination Centre Polo Park.

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