



## Cultural Adaptation of CBT

Join Bespoke Mental Health Canada on **Friday December 1st, 2023** at 11.00 a.m. - 12.30 p.m. (PT), 2 p.m– 3.30 p.m. (ET) for a 90 minute webinar delivered by **Dr Farooq Naeem** on the cultural adaptation of CBT.

**Can't attend on that date?** Just book to watch it 'on-demand' at a time that suits you. Available to watch for one year from event (i.e., December 1st, 2024).



This webinar will provide an introduction to the topic of Cultural Adaptation of CBT. Professor Naeem will give a historical context to the work and describe his pioneering techniques for culturally adapting CBT that is used worldwide. He will give an overview of how this methodology is being used to adapt and test CBT in Canada in a multi-phase, mixed methods study to develop and evaluate culturally adapted CBT in order to improve community mental health services for Canadians of south Asian origin.

Bespoke Mental Health Canada is approved by the Canadian Psychological Association to offer continuing education for psychologists. Participants who complete this workshop (either live or on-demand) are eligible to receive 1.5 CE credits.

### Price

Professionals: \$60.00 CAD + tax

Students: \$48.00 CAD + tax

For more information, click [here](#)

To book, click [here](#)