



Rumination Focused Cognitive Behavioural Therapy

Join Bespoke Mental Health Canada on **Friday April 19th 2024** at 8.00 a.m. -11.30 p.m. (PT), 11 p.m– 2.30 p.m. (ET) for a half day workshop delivered by Professor Ed Watkins on rumination focused 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., until April 19th, 2025).



This workshop will illustrate the innovative adaptations to the CBT approach that can help to overcome this problem and improve outcomes for chronic, recurrent and residual depression and co-morbid anxiety. The workshop will review the theoretical background, key principles, and core techniques of the therapy, including functional analysis of thinking style, behavioural activation, imagery, concreteness, experiential exercises and behavioural experiments.

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 3 CE credits.

Price

Professionals: \$100.00 CAD + tax

Students: \$80.00 CAD + tax

For more information, click [here](#)

To book, click [here](#)