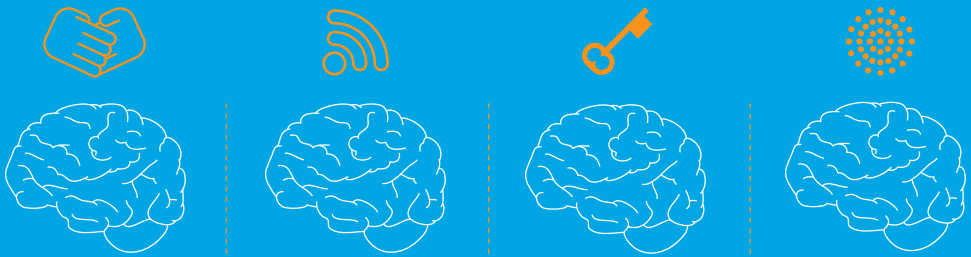


# Summer Institute

## 2010

# August 16 – 21

Be sure to take  
advantage of our  
Early Bird and  
Bundle pricing  
options before  
July 15, 2010.



**Welcome to TAPE's sixth annual Summer Institute  
for human services and health-care professionals.**

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This year TAPE offers you the opportunity to complete a significant portion of one of our three most popular Certificate programs – Cognitive Behavioural Therapy; Mindfulness, Meditation and Psychotherapy; or Solution-Focused Therapy – **in just one week.**

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TAPE EDUCATIONAL SERVICES

[WWW.TAPESTUDIES.COM](http://WWW.TAPESTUDIES.COM)



In affiliation with the  
Continuing Education Division  
of the University of St.  
Michael's College  
in the University of Toronto

# Cognitive Behavioural Therapy

*This summer we offer an intensive program in cognitive behavioural therapy (CBT) that delivers four modules in six days. The program day commences at 9:00 a.m. and ends at 5:00 p.m. Participants will be introduced to the basic principles and methods of CBT in the first day and a half. In the remaining days participants will learn how to apply these principles and methods to the treatment of depression, anxiety and trauma.*

*To attain a Certificate of Professional Development, participants must complete two additional modules in the academic year. Please see our Academic Calendar for details and dates of other TAPE CBT modules. The Calendar is online at [www.tapestudies.com](http://www.tapestudies.com).*

*Participants also have the option of registering for individual one-and-a-half-day modules to receive one full credit per module.*

**Single module:** \$336.25 + HST = \$380.00

**Early Bird Price:** \$305.31 + HST = \$345.00  
(register by July 15, 2010)

**Bundle:** 10% discount if you register for all four modules (six days of instruction). This tuition is not refundable or transferable and Early Bird discount does not apply.

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## **CBT-110: COGNITIVE BEHAVIOURAL THERAPY**

**Dates: August 16 & 17, 2010**

**Instructor: Laurel Gordon**

This module covers the essentials of CBT theory and practice, with a focus on basic behavioural and cognitive techniques commonly used in the treatment of depression and anxiety disorders. The method of instruction favours active, hands-on skill development and features video demonstrations of various skills.

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## **CBT-111: DEPRESSION**

**Dates: August 17 & 18, 2010**

**Instructor: Laurel Gordon**

Examining the diagnostic criteria and differential features of depressive disorders, this module introduces the CBT model for depression and the treatment rationale based on it. Through interactive role plays and video demonstrations, participants learn and practise different behavioural activation skills as well as various aspects of cognitive restructuring in the treatment of depression.

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## **CBT-112: ANXIETY**

**Dates: August 19 & 20, 2010**

**Instructor: Michelle Carroll**

This module introduces the diagnostic criteria and differential features of the spectrum of anxiety disorders, stressing the importance of accurate assessment in this area. Participants study the three-component model of anxiety and the principles of prolonged exposure, learning to develop an exposure hierarchy and to examine its application. Identifying common cognitive biases in anxiety disorders, participants learn specific techniques to help clients challenge them. Instruction is partly through hands-on experience, video presentations and role plays.

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## **CBT-113: TRAUMA**

**Dates: August 20 & 21, 2010**

**Instructor: Michelle Carroll**

In this module the diagnostic criteria and differential features of post-traumatic stress disorder (PTSD) and other anxiety disorders are discussed. The CBT model for PTSD is examined, along with the treatment rationale based on this approach. Participants are introduced to the basic cognitive and behavioural treatments for symptoms of PTSD through a combination of didactic learning, video presentations and hands-on skill building.

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# Solution-Focused Therapy

*In this Summer Institute program participants can complete three full modules in six days. The first module introduces the basic skills of solution-focused therapy. The remaining modules focus on the application of solution-focused methods to depression and suicide and to chronic illness and loss.*

*To attain a Certificate of Professional Development, students must complete an additional three modules during the academic year. Please see our Academic Calendar for details and dates of other TAPE Solution-Focused Therapy modules. The Calendar is available online at [www.tapestudies.com](http://www.tapestudies.com).*

**Single module:** \$287.61 + HST = \$325.00

**Early Bird Price:** \$261.06 + HST = \$295.00  
(register by July 15, 2010)

**Bundle:** 10% discount if you register for all three modules (six days of instruction). This tuition is not refundable or transferable and Early Bird discount does not apply.

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## **SFT-110: BASIC SKILLS**

**Dates:** August 16 & 17, 2010

**Instructor:** Elaine Ash

In this module participants become acquainted with the building blocks of solution-focused therapy. Core practices such as exception-finding, scaling and the miracle question are presented through lecture, demonstration, case examples and interactive exercises. This module provides the foundation for other modules in the series.

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## **SFT-150: SUICIDE AND DEPRESSION FROM A SOLUTION-FOCUSED PERSPECTIVE**

**Dates:** August 18 & 19, 2010

**Instructor:** Heather Fiske

Learn practical solution-focused tools for helping individuals who are suffering with these common difficulties. View case examples of tailoring treatment to the individual and creative utilization of the client's existing resources to facilitate positive change. Solution-focused approaches to suicide risk are included.

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## **SFT-112: CHRONIC ILLNESS, LOSS AND GRIEF**

**Dates:** August 20 & 21, 2010

**Instructor:** Brenda Zalter-Minden

This module shows participants how to apply a solution-focused approach to individuals and families coping with chronic illness and navigating the journey through loss and grief. Participants learn how to assist people in identifying and strengthening their current coping strategies and resilience. Particular emphasis is placed on how to help people create their "new normal."

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Go online at  
[www.tapestudies.com](http://www.tapestudies.com)  
for more information  
on our  
Summer Institute  
programs

# Mindfulness, Meditation and Psychotherapy

*This summer participants can complete two of the three core modules in the Certificate Program, along with one clinical module, in Mindfulness, Meditation and Psychotherapy.*

*To obtain a Certificate of Professional Development, participants must take the remaining core module, two additional clinical modules and three advanced modules. Please see our Academic Calendar for more details on the Fall and Winter offerings. The Calendar is available at [www.tapestudies.com](http://www.tapestudies.com).*

**Single module:** \$287.61 + HST = \$325.00

**Early Bird Price:** \$261.06 + HST = \$295.00  
(register by July 15, 2010)

**Bundle:** 10% discount if you register for all three modules (six days of instruction). This tuition is not refundable or transferable and Early Bird discount does not apply.

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## **MMP-110: MENTAL HEALTH AND BUDDHIST PSYCHOLOGY: INTEGRATING THEORY AND PRACTICE**

**Dates:** August 16 & 17, 2010  
**Instructor:** Tony Toneatto

The Buddhist tradition offers a profound and sophisticated psychological model of the mind and body, one that is of increasing interest to modern health care and human services professionals. This workshop will outline a systematic introduction to the key elements of this classical model and its relevance to the understanding and practice of mindfulness. The workshop is intended to serve as a foundation for the clinical and advanced modules of the Mindfulness, Meditation and Psychotherapy Certificate Program.

While primarily a series of lectures and discussions, both days also include short periods of guided meditation practice. No prior experience or knowledge of Buddhism is required.

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## **MMP-113: DEVELOPING A MINDFULNESS PRACTICE**

**Dates:** August 18 & 19, 2010

**Instructor:** Bill Gayner

Mindfulness-based clinical approaches emphasize the importance of mental health professionals developing a daily mindfulness meditation practice themselves before attempting to teach formal mindfulness practices to clients. In this workshop we'll explore how you can develop a mindfulness practice that deepens your engagement in daily life.

Participants will be introduced to and guided through a variety of meditations, followed by discussion and coaching. While referencing Buddhist sources, the practices will be presented within the context of contemporary psychological theory and evidence-based clinical practice.

The workshop will be of interest to mental health professionals with a range of meditation experience.

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## **MMP-216: PAIN DISORDERS AND PHYSICAL DISABILITY**

**Dates:** August 20 & 21, 2010

**Instructors:** Kate Kitchen & Kirstin Bindseil

In the 1970s Jon Kabat-Zinn and his colleagues at the University of Massachusetts Medical Center extended mindfulness meditation to help patients with debilitating and chronic physical pain and medical disorders manage their symptoms and disability. The program that was developed, mindfulness-based stress reduction (MBSR), has been empirically demonstrated to improve the functioning of individuals with a wide range of both medical and emotional disorders.

This workshop will demonstrate how mindfulness can be integrated into clinical work with individuals suffering from pain disorders and other physical disabilities.

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