

CONTINUING PROFESSIONAL DEVELOPMENT

# NEW DIRECTIONS IN CBT

## WEBINAR SERIES

Discover CBT for Psychosis: recovery is possible!

### EVENT 8

## CBT TECHNIQUES FOR VOICE HEARING



**Dr Douglas Turkington**  
World Renowned  
Psychiatrist  
MD, FRC, Psych



**Helen Spencer**  
Senior Research Assistant  
BA (Hons) Psychology

This webinar is for mental health professionals and for the interest of friends and families of those with psychosis.

### Key Learning Points

Learn how to use voice diaries, consider what voices say, and detect and resolve cognitive distortions and conflict in/between voices.

Understand when and how to use rational responses, selective listening, imagery and work with unprocessed trauma being expressed as voices.

### Teaching Modalities

Interactive Role Plays (50%) Didactic (50%)

**OCTOBER 29, 2021**

14:00 to 17:00 GMT  
9:00 to 12:00 EST

**Regular Price**  
**\$65.00 CDN**  
(taxes/fees not included)

**50% OFF - \$32.50 CDN**  
To receive your 50% discount, contact  
[linda@zlepnicbt.ca](mailto:linda@zlepnicbt.ca)

This Continuing Health Sciences Education Program is designated as a University of Ottawa Faculty of Medicine accredited event and awarded with the following credits: Royal College of Physicians & Surgeons of Canada 2.25 hours - Section 1.



uOttawa



For event/ticket details, visit [zlepnicbt.ca](http://zlepnicbt.ca)