

CONTINUING PROFESSIONAL DEVELOPMENT

# NEW DIRECTIONS IN CBT

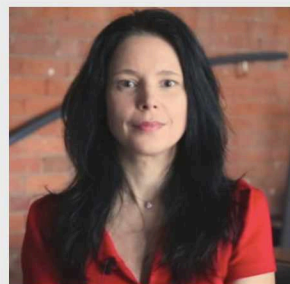
## WEBINAR SERIES

Discover CBT for Psychosis: recovery is possible!

### EVENT 10



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



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

## CBT FOR CRITICAL AND COMMAND HALLUCINATIONS

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

### Key Learning Points

Understanding the links between trauma, dissociation & critical & commanding voices. Learn how to identify self-critical thoughts & inner criticism vs self-nurture. Know how to use imagery to activate self-nurture. Learn a variety of compassionate solutions to critical voices. Learn how to link schemas linked to criticism. Learn the Birmingham approach (working with identity and power of the voice) to dealing with command hallucinations. Learn the Newcastle approach (normalizing, coping and graded exposure ) to dealing with command hallucinations.

### Teaching Modalities

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

**DECEMBER 17, 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.



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