

## COGNITIVE BEHAVIORAL THERAPY (CBT) COURSE

**Organized by:** King Faisal Specialist Hospital  
Research Center in Jeddah  
Oxford Cognitive Therapy Center, Oxford University, UK

parts 1 & 2 from 5-8<sup>th</sup>/01/08 - parts 3 & 4 from 15-18<sup>th</sup>/03/08  
King Faisal Specialist Hospital – Jeddah ,KSA

[mbassionv@hotmail.com](mailto:mbassionv@hotmail.com)

Dear Colleagues,

we invite you to attend the CBT course in King Faisal Specialist Hospital & research Center, Jeddah in collaboration with Oxford University in Jan & Mar 2008. See Attachment. Please forward to the people who might be interested. regards,

Dr. Medhat BASSIONY – KFSHRC, Jeddah, KSA  
Consultant Psychiatrist  
[mbassionv@hotmail.com](mailto:mbassionv@hotmail.com)

\*\*\*\*\*

2008 8-5  
2008 18-15

\*\*\*\*\*

Psychiatry section, department of Neuroscience, King Faisal Specialist Hospital & Research Center in collaboration with Oxford Cognitive Therapy Center, Oxford University, UK plan to do a cognitive Behavioral Therapy Course.

The course consists of 4 sets of workshops. These workshops are suitable for mental health professionals from any discipline such as psychiatrists, psychologists, occupational therapists, counselors, and nurses who want a basic introduction to CBT skills. The workshops build on each other. These workshops are at an introductory level and assume little or no previous knowledge of CBT.

Presenters: Martina Mueller, James Bennett-Levy, and David Westbrook from Oxford Cognitive Therapy Center, UK.

## دورة تدريبية في العلاج السلوكي المعرفي

**تنظيم:** قسم الطب النفسي بمستشفى الملك فيصل التخصصي  
مركز الأبحاث بجدة  
مركز أكسفورد للعلاج المعرفي بجامعة أكسفورد

الجزء 1 و 2 في 5-8/01/08 - الجزء 3 و 4 في 15-18/03/08  
مستشفى الملك فيصل التخصصي

[mbassionv@hotmail.com](mailto:mbassionv@hotmail.com)

### Workshop I: from 5-8th January, 2008

#### Part 1: Assessment and Formulation

- 2 day workshop: Dates: 5-6 Jan, 9:00 am –5:00 pm

This workshop will give participants a grounding in the fundamental skills of using CBT. The workshop incorporates a brief introduction to basic CBT theory, but the main aim is to teach participants the CBT skills of assessing clients and producing CBT formulations, or case conceptualisations, of their problems. The workshop is focused on practical clinical skills, and therefore the bulk of the work involves role-playing. The workshop leaders will role-play clients, and workshop participants in small groups will follow through the different stages of assessment, finally producing a CBT formulation for the 'client'.

**Presenters:** Martina Mueller and James Bennett-Levy  
**Venue:** KFSHRC Auditorium  
**Maximum number of places:** 40

#### Part 2: Basic therapeutic skills

- 2 day workshop: Dates: 7-8 Jan, 9.00am - 5.00pm

This workshop extends on the Assessment and Formulation workshop, and aims to give participants an introduction to some of the basic strategies used in CBT. These include agenda setting, identifying and evaluating negative thoughts, using guided discovery ("socratic questioning"), goal setting, and the use of homework. As with Part 1, the workshop involves role-playing in small groups, in order to give participants hands-on experience and feedback of clinical strategies.

**Presenters:** Martina Mueller and James Bennett-Levy  
**Venue:** KFSHRC Auditorium  
**Maximum number of places:** 40

### Workshop II: consists of parts 3 & 4

- Dates: 15-18<sup>th</sup> March, 2008

Parts 3 & 4 build on Parts 1 & 2 of the course, and aim to give participants an introduction to specific models and ways of working with some problems commonly encountered in clinical practice. The workshops will be skills based, and give participants opportunities to practice techniques relevant to the specific problems.

#### Part 3: Working with depression

- 2 day workshop: Dates 15-16 Mar, 2008: 9.00 am - 5.00pm

The aim of this workshop is to develop and refine some of the basic skills learned in Parts 1 and 2, and integrate them in the context of working with clients with depression. Particular issues addressed will include: engendering hope, countering

withdrawal and inactivity, and dealing with negative automatic thoughts and suicidal ideation. The workshop will provide plenty of opportunity to practise therapy skills derived from the cognitive model of depression.

Presenter: David Westbrook

Venue: KFSHRC Auditorium

Maximum number of places: 40

#### Part 4: Working with common anxiety problems

▪ 2 day workshop: Dates: 17-18 Mar, 2008, 9:00 am – 5:00 pm

Day 1: Working with Panic; Working with Social Anxiety (1/2 day each)

Day 2: Working with Health Anxiety; Working with Obsessive Compulsive Disorder (1/2 day each)

Presenters: David Westbrook

Venue: KFSHRC Auditorium

### ARABPSYNET CONGRESS GUIDE

English Edition



[www.arabpsynet.com/HomePage/Psy-Cong.htm](http://www.arabpsynet.com/HomePage/Psy-Cong.htm)

### دليل المؤتمرات النفسية العربية والعالمية

الإصدار العربي



[www.arabpsynet.com/HomePage/Psy-Cong.Ar.htm](http://www.arabpsynet.com/HomePage/Psy-Cong.Ar.htm)

### المجلة الإلكترونية لشبكة العلوم النفسية

دعوة للمشاركة في محاور الأعداد القادمة

- **صيف 2007**  
"مظاهر الإكتئاب في المجتمع العربي" - آخر أجل 15-09-07
- **خريف 2007**  
"سيكولوجية التطرف العقائدي ... وهم القوة وقوة الوهم" - آخر أجل 30-10-07
- **شتاء 2008**  
"السيكولوجيا من منظور عربي" - آخر أجل 31-12-07  
المشرف: أ.د. الغالي أحروشاو - فاس، المغرب  
a-rhali@caramail.com - aharchaou\_rhali@yahoo.fr
- **ربيع 2008**  
"التحليل النفسي والذات العربية... من التنظير الى الممارسة" - آخر أجل 30-12-07  
المشرف: أ.د. عبد الهادي الفكير - فرنسا/ المغرب  
abdelhadi.elfakir2@freesbee.fr - elfakir@univ-brest.fr
- **صيف 2008**  
" الطب النفسي الشرعي... نحو قراء عربية" - آخر أجل 30-03-07  
المشرف: أ.د. نعمان الغرايبة - الولايات المتحدة / الأردن  
n\_gharaibeh@yahoo.com

ندعوا زملائنا الكرام مشاركتنا إعداد ملفات هذه المحاور.  
دمتم ذخرا للعلم و المعرفة

رئيس التحرير

[www.arabpsynet.com/apn.journal/index-apn.htm](http://www.arabpsynet.com/apn.journal/index-apn.htm)

ملاحظة : ترسل الأبحاث على عنواني المجلة الإلكترونية ورئيس التحرير.

turky.jamel@gnet.tn - APNjournal@arabpsynet.com