

# Event Announcement:

## Ontario Shores Family Council Presents: Informed Caregiver CBT-p Training

### 2-Day Workshop for Family Caregivers

The Conference Place, Ontario Shores  
(Main Entrance, Building 5 Level 2)

Saturday, September 28 – Sunday September 29, 2019 - 8:30am- 4:30pm

There is a non-refundable \$25 + HST registration fee for this event.

Free parking for the workshop days.

Complimentary lunch and light snacks available for the workshop days.



**Dr. Douglas Turkington**  
MD, FRC Psych, Mb ChB

*World-Renowned Psychiatrist, Consultant and Professor at Newcastle University, UK. He is a Founding Fellow of the Academy of Cognitive Therapy of Philadelphia and a Fellow of the Royal College of Psychiatrists. He is a pioneer of the use of CBT in severe mental disorders and has trained internationally for over 20 years.*

*Working at Northumberland Tyne & Wear NHS Foundation Trust in the UK, Helen is involved in the set-up and delivery of numerous treatment trials for a wide range of mental health conditions and neurodevelopmental disorders. Helen has worked alongside Prof. Douglas Turkington for over 10 years and together they have published over 20 papers, including a book for service users and carers.*

**Helen Spencer**  
BA (Hons) Psychology



Cognitive Behavioural Therapy (CBT) is a form of therapy that helps individuals become conscious of their beliefs, and aims to change their patterns of thinking. Cognitive Behavioural Therapy for Psychosis (CBT-p) follows the same general approach, with some modifications to address positive symptoms, cognitive deficits, and stigma associated with psychosis. Through role playing demonstrations and interactive teaching, this two-day Informed CBT Training for Caregivers will cover effective ways to use CBT to support loved ones living with Schizophrenia and Psychosis and may also be beneficial for those supporting individuals with Bipolar and Anxiety Disorders.

#### What You Will Learn:

This 2-day workshop will offer Caregivers practical tools and strategies to reduce their feelings of anxiety and depression, and to build a greater resiliency. Caregivers will learn about key caring principles, how to normalize their loved one's symptoms, and different styles of coping.

To register for this event, [click here](#)

For enquiries, please contact the Family Resource Centre,  
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