



College of Psychologists
of New Brunswick

38TH ANNUAL CONFERENCE, CPNB

MAY 5TH & 6TH, 2016, DELTA HOTEL FREDERICTON
FREDERICTON, NEW BRUNSWICK

*Dr. Douglas French, President-Elect and Chair of the Annual Conference Committee is pleased to invite you to the
38th Annual conference of the CPNB*

PROGRAM

Friday, May 5th, 2017

8:30 am: Welcome and Opening Remarks

9:00 am to 4:30 pm: Workshop

Innovative CBT for Difficult Anxiety Disorders: Dr. David A. Clark, PhD LPsych

Approximately two-thirds of individuals with an anxiety disorder achieve clinically significant symptom improvement with standard cognitive behavior therapy (CBT) but only 25% - 40% achieve symptom-free status. Thus a significant number of anxious clients (25%-33%) show a poor treatment response. This one-day workshop addresses the problem of failed or, at best, minimal response to CBT in the anxiety disorders. It begins with an analysis of treatment failure, the nature of treatment-resistant anxiety, and the limitations of standard CBT. The remainder of the workshop focuses on innovations in theory, assessment, case conceptualization, cognitive restructuring, and behavioral experiments that target specific features of treatment resistant anxiety. This is an intermediate level workshop intended for mental health professionals with at least a basic understanding of CBT and clinical experience in the treatment of anxiety.

Workshop participants will learn to:

- a) address poor treatment response in order to prevent discontinuation,
- b) incorporate resistance issues into case formulation and goal setting,
- c) tailor psychoeducation to increase “buy-in” of reluctant clients,
- d) modify cognitive and behavioral strategies that target emotional reasoning, distress intolerance, and homework noncompliance,
- e) treat excessive mental control effort, and
- f) modify excessive fear of losing control.

Conference presented in English with simultaneous translation.

8:00 pm: Social meeting for CPNB members

Saturday, May 6th, 2017

7:45 am: Welcome and Opening Remarks

8:00 am – 1:00 pm: 38th Annual General Meeting (brunch at 10:30 am)

Guest Speaker

Our guest speaker for the 2017 edition will be David A. Clark. Dr. Clark is Professor Emeritus with the Department of Psychology, University of New Brunswick Fredericton, where for 26 years he taught, conducted research and trained dozens of graduate students in clinical psychology. After receiving a PhD in psychology from the Institute of Psychiatry, University of London, UK in 1984, he obtained further training in cognitive therapy under Aaron T. Beck, MD. He has published over 150 scientific articles and papers on cognitive theory and therapy of depression and anxiety disorders with funding obtained from the Social Sciences and Humanities Research Council of Canada, Canadian Institutes of Health Research, and the Foundation for Cognitive Therapy. He has coauthored several peer-reviewed papers and books with Dr. Beck including “*Scientific Foundations of Cognitive Theory and Therapy of Depression*” (Wiley, 1999), *Cognitive Therapy for Anxiety Disorders* (Guilford, 2010), and *The Anxiety and Worry Workbook* (Guilford, 2012), as well as single authored works such as *Cognitive Behavioral Therapy for OCD* (Guilford, 2004) and *The Mood Repair Toolkit* (Guilford, 2014). He continues to offer training workshops worldwide and maintains a part-time private practice. He is a Founding Fellow of the Academy of Cognitive Therapy, Fellow of the Canadian Psychological Association and recipient of the Aaron T. Beck Award for Significant and Enduring Contributions to Cognitive Therapy in 2008. He is currently writing a workbook for New Harbinger Publications and Little Brown UK called *Controlling Your Mind: A workbook for Anxiety, Depression and Obsessions*.

