



**"5-Minute CBT" 5 Week Online Course
Behaviour Activation to Improve Outcomes
Using Fountain of Health Tools**



Educationally cosponsored by Dalhousie University Continuing Professional Development

INVITATION TO REGISTER:

Announcing: "5-Minute CBT" 5-Week Online Course September 30th – October 28th, 2020.

Designed for the busy clinician to learn brief Cognitive Behaviour Therapy (CBT) tools to improve coping and health outcomes for patient self-management and for personal benefit. This course brings minimal intervention to life, deepens understanding of behaviour activation and enhances competence in using tools for a wide range of patients, diseases & disorders.

This course is accredited for up to 18 hours MainPro+ Credits (see below for details)

"5 min CBT" is taught by national experts in CBT. Join live online for a **2 hour course introduction** (Wednesday 4-6 pm AST, or 3-5 pm EST) and 4 more **live webinars of 1.5 credit hours per week** on the following Wednesday evenings (4-5:30 pm AST, or 3-4:30 pm EST). In addition, the course offers an **online component of 2.5 credit hours per week for 4 weeks** involving an online discussion forum, readings, quizzes, and practice tools for core skills.

Course Instructors:

Keri-Leigh Cassidy, MD, FRCPC – *A Geriatric Psychiatrist and founder of the Fountain of Health non-profit association with expertise in CBT and positivism in healthcare.*

Michael Vallis, PhD., R. Psych – *A Health Psychologist and behavioural change expert, founder of the Behaviour Change Institute and a national expert on psychosocial issues in chronic disease.*

Weekly Webinar Topics

- Wed., Sept 30th: Course Introduction/ Orientation (4:00-6:00 pm AST)
- Wed., Oct 7th: Behaviour Activation: Intro to basic Principles & Evidence (4:00-5:30 pm AST)
- Wed., Oct 14th: Behaviour Activation in Domains of Physical Activity and Social Activity (4:00-5:30 pm AST)
- Wed., Oct 21st: Cognitive Activity and Positive Outlook / Taking Care of Mental Health (4:00-5:30 pm AST)
- Wed., Oct 28th: Simple Solutions to Complex Problems: Behavioural Activation in Challenging Patient Populations (4:00-5:30 pm AST)

Registration: Please complete the attached registration form by Monday, September 14th by 5pm AST

Email completed form to info@fountainofhealth.ca (Subject line: "5-Minute CBT Course")

or Fax Attn. to: Ms. Nicole DeYoung at 902-473-5713

Registration fee: \$148.00 (Due by Monday, September 14th by 5pm AST)

Space is limited on a first come-first serve basis. Register today.

This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by the Continuing Professional Development Office of Dalhousie University for **up to 18 Mainpro+ credits**. [2 hours for introductory webinar session; 1.5 hours for each of the following 4 webinar sessions; 2.5 hours each for monitored follow-up participation for each session (article/videos read/watched, discussion forum participation and quiz)].

As an accredited provider, Dalhousie University, CPD, designates this continuing professional development activity for up to 18 credit hours as an accredited group learning Section 1 activity as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada. [2 hours for introductory webinar session; 1.5 hours for each of the following 4 webinar sessions; 2.5 hours each for monitored follow-up participation for each session (article/videos read/watched, discussion forum participation and quiz)].



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REGISTRATION FORM

Thank you for your interest in the **"5-Minute CBT" 5-Week Online Course**. Registration is on a first-come first-serve basis and spots are limited. To request registration, please complete the form below by Monday, September 14th by 5pm AST. Return by email to info@fountainofhealth.ca or fax to 902-473-5713.

**** PLEASE TYPE or PRINT LEGIBLY****

Name: _____

Email Address: _____

Your Discipline (i.e. Family Practice, Nursing etc.): _____

Main Practice Setting (i.e. Community, Hospital): _____

Do you have a Dalhousie University ID (Dal ID) number? (Circle one) Yes / No

Note: If you do have a Dal ID, you will use it to register on the Brightspace course platform.

If you do NOT have a Dal ID, a course registration number will be assigned and emailed to you.

Instructions will be provided after registration.

Note: A Course fee of \$148.00 payable by e-transfer is required to secure a spot (payment information to follow once form is received. Payments must be completed by 5pm on August 30th)

Your Signature: _____

About You: In the space below, tell us about yourself. What is your area of practice? Why is this course relevant or of interest to you? What do you hope to get out of it?

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