

Registration Form

TAX INVOICE
CPM ABN: 84 589 199 516
Antony 2010

TITLE: _____ NAME: _____

ADDRESS: _____

_____ POSTCODE: _____

PHONE: (____) _____

EMAIL: _____

SELECT YOUR WORKSHOP:

Sydney – Saturday 7 August 2010

Brisbane – Monday 9 August 2010

Perth – Wednesday 11 August 2010

Melbourne – Saturday 14 August 2010

PAYMENT

Cheque/money order payable to CPM

Amount being paid: \$286 (includes \$26 GST)

Credit Card

Mastercard Visa

Expiry: ____/____

NAME ON CARD: _____

Please print

SIGNATURE: _____

**POST: CPM Training & Counselling
PO Box 188
HEIDELBERG VIC 3084**

FAX: (03) 9497 1762 *[Please DO NOT fax cover sheets]*

PHONE DETAILS TO: (03) 9497 1426

Workshop Details

Venue Details

Sydney

Waterview Convention Centre
Bicentennial Drive, Olympic Park, Sydney

Brisbane

Novotel Brisbane,
200 Creek Street, Brisbane

Perth

Boulevard Centre
99 The Boulevard, Floreat

Melbourne

Bayview Eden Hotel,
6 Queens Road, Melbourne

Workshop Duration

Each workshop will run from 9.00am to 5.00pm
(including AM/PM refreshments and lunch).

Included in Registration

Your workshop fee includes AM/PM refreshments and lunch
each workshop, plus notes.

Registration Fee

\$286 (incl \$26 GST)

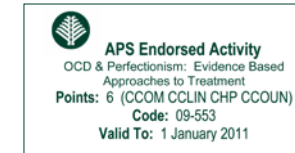
Cancellation Policy

If you cancel more than thirty (30) days prior to a workshop,
you will receive a refund, LESS \$50 administration fee.

If you cancel less than thirty (30) days prior to a workshop,
NO REFUND is payable. We appreciate that medical conditions
or other emergencies can occur, but CPM cannot accept
responsibility for these. Registrations can be transferred
to another person.

Professional Recognition

Australian Psychological Society



Australian Association of Social Workers



Certificates of Attendance, showing number of hours,
are provided to all registrants.

Important notes

Catering Requirements

If you require special catering, email
cpmserv.com.au NOW.

Special catering CANNOT be provided without prior notice.

**Please allow 3 weeks
for processing of registrations**

WORKSHOP HOTLINE

Registrants may call 0429 529 343 up to 72 hours
prior to confirm that your workshop is on schedule.

CPM Training & Counselling

Visit our website for more details and a PDF of this brochure.
Information about our other workshops in 2009 is also
available.

CPM Training and Counselling
www.cpmervices.org

A 1-day training workshop with



Martin M. Antony PhD

*OCD and Perfectionism:
Evidence-Based Approaches
to Treatment*

Martin M. Antony PhD

Professor/Graduate Program Director
Department of Psychology, Ryerson University
Ontario, Canada

CPM
Training and Counselling

Martin M. Antony, PhD

Martin M. Antony is Professor and Graduate Program Director, Department of Psychology, Ryerson University, Toronto, Canada. He is also Director of Research at the Anxiety Treatment and Research Centre at St Joseph's Healthcare in Hamilton, Ontario, and immediate past president of the Canadian Psychological Association.

Dr Antony has published more than 25 books and 130 scientific articles and book chapters in the areas of cognitive behaviour therapy, obsessive compulsive disorder, panic disorder, social phobia, and specific phobia.

He has received career awards from the Society of Clinical Psychology (American Psychological Association), the Canadian Psychological Association, and the Anxiety Disorders Association of America, and is a Fellow of the American and Canadian Psychological Associations. He has also served on the Boards of Directors for the Society of Clinical Psychology and the Association for Behavioral and Cognitive Therapies.

Dr Antony trains and supervises numerous students in psychology, psychiatry, and other disciplines, and is widely recognised as a top trainer in the area of cognitive behaviour therapy for anxiety disorders.

He has given more than 200 workshops and presentations to professionals in Australia, Canada, the United States, and Europe. He also maintains a private clinical practice.

www.cpm-services.org

Workshop Description

This workshop will provide training in evidence-based strategies for managing OCD, with an emphasis on challenging cases. Participants will learn about up-to-date tools for assessing OCD severity, as well as methods for distinguishing OCD from other conditions that share features with OCD. Possible changes proposed for DSM-V will be reviewed as well.

Participants will also learn about the latest approaches to treatment, including psychological treatments, pharmacological approaches, and new biomedical treatments, such as deep brain stimulation and d-cycloserine. Most of the workshop will focus on evidence-based psychological approaches to treating OCD and perfectionism.

Participants will learn behavioural strategies, including exposure and response prevention. Recently developed cognitive approaches will also be discussed. Strategies for dealing with treatment resistance (including motivational interviewing) will be reviewed, as will strategies for dealing with complex cases and comorbidity.

Finally, attendees will learn strategies for treating perfectionism, both in individuals with OCD, and in the context of other problems, such as obsessive-compulsive personality disorder and social anxiety. Strategies will be illustrated using videotaped therapy sessions, and participants will receive a detailed handout.

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Workshop Outline

9.00am – 10.30am

- OCD in the anxiety disorders spectrum
- Diagnostic challenges
- Overview of perfectionism

11.00am – 12.30pm

- Pharmacological and biological treatments
- Exposure-based treatments

1.30pm – 3.00pm

- Ritual prevention
- Cognitive strategies for OCD

3.00pm – 5.00pm

- Managing treatment challenges and enhancing motivation
- Strategies for treating perfectionism.

Workshop Objectives

From this workshop, participants will learn:

- Strategies for assessing and diagnosing OCD
- Evidence-based strategies for treating individuals with OCD, including behavioural approaches, cognitive approaches, and pharmacological treatments
- Strategies for treating perfectionism
- How to overcome challenges in the treatment of OCD and perfectionism.

Workshop Designed for

This workshop is designed for psychologists, social workers, counsellors and psychotherapists and health/mental health professionals working with mental health issues.

As anxiety underlies and may co-exist with all health and mental health issues, this workshop will expand your clinical skills when working with the majority of your patients and clients.

Some of Martin's recent books:

The anti-anxiety workbook: Proven strategies to overcome worry, panic, phobias and obsessions
Martin Antony & Peter Norton, 2009, Guilford Press, New York.

When perfect isn't enough: Strategies for coping with perfectionism (2nd ed)
Martin Antony & Richard Swinson, 2009, New Harbinger, Oakland, CA

Oxford handbook of anxiety and related disorders
Martin Antony & Murray Stein, 2009, Oxford University Press, NY

Social anxiety disorder: Psychological approaches to assessment and treatment
Martin Antony & Karen Rowa, 2008, Hogrefe, Gottingen, Germany

Shyness and social anxiety workbook: Proven, step-by-step techniques for overcoming your fear (2nd ed)
Martin Antony & Richard Swinson, 2008, New Harbinger Publications, Oakland CA

Psychological treatment of OCD: Fundamentals and beyond
Martin Antony, Christine Purdon & Laura Summerfeldt, 2007, APA, Washington DC

Mastering your fear and phobias – Workbook (2nd ed)
Martin Antony, Michelle Craske & David Barlow, 2006, Oxford University Press, NY

Mastering your fear and phobias – Therapist's guide (2nd ed)
Michelle Craske, Martin Antony & David Barlow, 2006, Oxford University Press, NY

“Dr Antony trains and supervises numerous students in psychology, psychiatry, and other disciplines, and is widely recognised as a top trainer in the area of cognitive behaviour therapy for anxiety disorders.”