

McMaster
University

CBT Fundamentals

Live virtual course

*Seven weekly two-hour
sessions on Tuesdays
starting:*

January 24,
2023

4:00-6:00 pm via Zoom

- Limited spots available
- Visit our website for more information: [click here](#)
- Cost \$399/\$199 for students
- Stay tuned for more advanced CBT workshops

To Register:

[Click Here](#)

Registration deadline: January 2, 2023

INSTRUCTORS

Dr. Jenna Boyd, Ph.D., C.Psych
Dr. Brenda Key, Ph.D., C.Psych

Looking to enhance your CBT skills, increase your confidence as a therapist, and improve outcomes with your client populations? Registration is now open for Cognitive Behavioural Therapy Fundamentals: Improving Your Clinical Practice with Core Skills. Offered through the Department of Psychiatry and Behavioural Neurosciences at McMaster University, this foundational course is suitable for clinicians and clinical learners interested in learning practical and effective core CBT strategies applicable to a broad range of presenting concerns. Seven weekly lectures are offered in a virtual synchronous and interactive format by clinical psychologist experts in CBT.