## PRESENTERS

### Candice Monson, PhD, C.Psych.

Dr. Monson is Professor of Psychology at Toronto Metropolitan University. She is one of the foremost experts on traumatic stress and the use of individual and conjoint therapies for PTSD. Dr. Monson has received numerous awards for her clinical, teaching, and research contributions, including Fellow status in the Canadian and American Psychological Associations and Association of Behavioral and Cognitive Therapies, and induction into the Royal Society of Canada. Dr. Monson has co-authored 9 books, including the treatment manuals *Cognitive Processing Therapy: A Comprehensive Manual* and *Cognitive-Behavioral Conjoint Therapy for PTSD*. Dr. Monson is well-known for her clinical training and dissemination efforts.

### Philippe Shnaider, PhD, C.Psych.

Dr. Shnaider is a Clinical Psychologist in private practice and an Assistant Professor (PT) in the Department of Psychiatry and Behavioural Neuro-sciences at McMaster University. He previously managed and worked as a Psychologist at the Anxiety Treatment and Research Clinic at St. Joseph's Healthcare Hamilton. He is the co-author of *Treating PTSD with Cognitive-Behavioral Therapies: Interventions That Work*, and has published several peer reviewed publications and book chapters. His research focuses on examining individual, couple, and group cognitive behavioural therapies for anxiety- and trauma-related disorders. Dr. Shnaider is actively involved in efforts to train clinicians in evidence-based interventions for PTSD.

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The Training Team is pleased to present a 2-day, online workshop for healthcare practitioners and trainees in psychology, social work, nursing, counselling, medicine, and related fields.

The workshop will be hosted live via ZOOM feed, including 2-way video link, and the ability to ask real-time interactive questions of the presenters.

# Workshop

## Socratic Dialogue in the Treatment of PTSD: Putting it into Practice

## WORKSHOP OVERVIEW

Socratic Dialogue is a core component in the effective delivery of Cognitive Behavioural Therapies for Posttraumatic Stress Disorder (PTSD). In fact, the degree to which therapists are skilled in using Socratic Dialogue has been shown to be associated with greater patient improvement. This applied workshop will provide learners with an opportunity to further develop their clinical skills in utilizing Socratic Dialogue in treating PTSD.

A brief review of the social-cognitive conceptualization of PTSD and its treatment will be presented, followed by an overview of Socratic Dialogue as a therapeutic stance.

Different types of maladaptive cognitions and the Socratic questions aimed at addressing them will be discussed, with a focus on understanding and conceptualizing the cognitive errors that keep patients "stuck". The workshop will be highly experiential, incorporating video demonstrations, case material, clinical exercises, and role plays to gain more mastery of Socratic Dialogue. This workshop will present information rooted in theoretical models of primarily cognitive therapies for PTSD. Accordingly, prior experience delivering cognitive behavioural therapies for PTSD, or attendance at foundational workshops on related content is strongly recommended.

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**Monday and Tuesday, September 16-17, 2024**

10:00 am – 5:45 pm **Eastern**
*(with a one-hour lunch and three 15-minute breaks)*

**This 2-day course will be held online via Zoom**
(link to be provided prior to workshop)
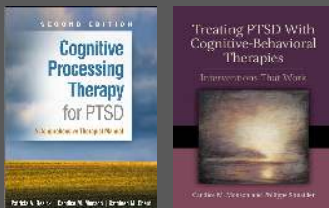
Please note that this course is geared toward clinicians who already have some familiarity with cognitive behavioural therapies for PTSD. Prior experience delivering cognitive behavioural therapies for PTSD, and/or prior attendance at a foundational workshop on related content (e.g., Cognitive Processing Therapy, Cognitive Behavioural Conjoint Therapy for PTSD) is strongly recommended.

## Agenda Day 1:

- Case conceptualization
- Principles and practice of Socratic Dialogue
- Types of trauma-related cognitions

## Agenda Day 2:

- Common problems underlying stuck points
- Strategies for challenging
- Mapping Socratic pathways

## Learning Objectives:

- Conceptualize unique patient cases from a social-cognitive model
- Discuss the essential elements of successful application of Socratic Dialogue
- Identify different types of Socratic questions and the intention behind their use
- Articulate different types of maladaptive cognitions that lead to different clinical problems
- Discuss common problems that underly maladaptive trauma appraisals and thoughts emanating from trauma, and how Socratic questions can be used to specifically target these problems
- Apply the concepts above to unique and complex clinical presentations (e.g., addressing issues of intent and responsibility, comorbidities)

## WORKSHOP REGISTRATION

### Click HERE to register.

**Registration Fees*:**

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| Professional, Early-bird **(till Aug 16, 2024)** | CAD $549.00 |
| Professional, Regular | CAD $599.00 |
| PostDoc/MD Resident **(till Aug 16, 2024)** | CAD $349.00 |
| PostDoc/MD Resident, Regular | CAD $399.00 |
| Student** Early-bird **(till Aug 16, 2024)** | CAD $249.00 |
| Student**, Regular | CAD $299.00 |

*GST/HST to be charged where applicable.*

***Proof of Student status required. Please email (training@candicemonson.com) a copy of your Student ID upon registration.*

Registration fee includes the 2-day training, PDF of handout materials, and helpful resources.

**Payment Options:** Payment accepted by credit or debit (through Shopify) with online registration.

**Cancellation Policy:** Refunds are subject to a $50 cancellation fee. No refunds offered after September 9, 2024.

## CE CREDITS

Candice M. Monson, PhD, is approved by the Canadian Psychological Association (CPA) to offer Continuing Education to Canadian psychologists. Candice M. Monson, PhD, maintains responsibility for the program. For other licensed professionals, please check with your licensing board to determine acceptability of CPA CE credits for this learning activity.

This program offers 12 CE credits with full attendance. Partial CE credit is not offered.

## HARDWARE REQUIREMENTS

A stable internet connection - broadband wired or wireless (3G, 4G/LTE or 5G). Speakers and microphone (built-in or USB plug-in or wireless Bluetooth). To ensure connectivity, Zoom prep instructions will be provided prior to workshop. Phone-in option will be available as back-up for audio.

**ACA/ADA:** For accommodations on the basis of disability, please contact: training@candicemonson.com

If you have any questions, please contact training@candicemonson.com