

# Introduction to Cognitive Behavioural Therapy (CBT) Skills



**PROJECT ECHO** ([Extension for Community Healthcare Outcomes](#)) is a virtual gathering of health care providers, hosted by mental health experts. Presentations are given by experts and attendees that participate in case-based learning on mental health issues and topics across the lifespan.

Join us beginning **March 11, 2024** for the five-week **CBT skills** program. This course is open to people working in Manitoba in healthcare who want to integrate CBT principles and strategies into their practice. This will serve as an introduction to CBT, providing a foundation of knowledge that can be built upon. This training does not provide certification in CBT.



- [Registration for ECHO program on CBT \(Cycle 1\)](#)
- Online registration opens on **Monday, Feb 24, 2025** (no fee)
- Deadline for registration is **March 10, 2025, 1:30PM.**
- Schedule: **March 11, 18, 25, April 8, 15**
- Sessions held from **12:00 PM to 1:15 PM.**
- Computer connected to the internet or Wi-Fi enabled device, preferably with a webcam, required

## SESSION TOPICS INCLUDE

- Foundations of CBT
- Cognitive Restructuring/Reframing
- Behavioural Activation and Exposure Strategies
- Mindfulness in Practice
- Skills in Practice and Addressing Common Barriers

## INVITED HEALTH CARE PROVIDERS

Open to healthcare providers who provide services in Manitoba and who want to learn CBT skills and strategies.

### Target Audiences for CBT ECHO Sessions:

Physicians, Medicals Students, Residents, Nurses, Certified or Registered Counsellors, Occupational Therapists, Social Workers, and Allied Health Professionals



FOR MORE INFORMATION, PLEASE CONTACT THE ECHO MENTAL HEALTH AND ADDICTIONS PROGRAM AT: [ECHOMB@SHAREDHEALTHMB.CA](mailto:ECHOMB@SHAREDHEALTHMB.CA)