



KEEPING YOU CONNECTED



The goal of this Hub is to bring professionals together regularly, ensuring we have a well-supported community prepared to work with individuals, couples and families.

Although the issues our clients are facing are not new, the pressures of our current 'restricted' context has exacerbated many situations that were likely to have been managed or at least well tolerated in the past.

The public need the support of mental health professions and mental health professionals also need to be well supported to work in effective and well-informed ways.

This event will include:

- Guest Speaker, **Sarah Edelman PhD** will talk about the power and advantages of using behavioural experiments for a wide range of client presentations. She will tell you about the key features of good experiments and will introduce you to two resources you can use in your client work following this event.
- **FREE** worksheet from Sarah to use immediately in your client work.
- **EXCLUSIVE 50% DISCOUNT CODES** for **two** of our training programs
- Break out rooms to work with and discuss what you learn from Sarah's talk, to share resources and offer and receive collegial support.



BEHAVIOURAL EXPERIMENTS.

Behavioural Experiments: A review of best practice.

Behavioural experiments are among the most powerful tools for achieving cognitive change in CBT. They are relevant for the treatment of nearly every mental health condition, including anxiety disorders, perfectionism, social avoidance, depression and trauma. Their major advantage is in producing experiential learning. This helps to overcome the 'I can understand it, but I don't feel it' response that clients sometimes report when attempting logical disputing. Behavioural experiments are widely used by CBT therapists, but not always effectively. In this session we will look at key features of designing good experiments, ensuring compliance and consolidating the lessons that they generate.



Sarah Edelman PhD is a clinical psychologist, trainer and author. She worked at the University of Technology Sydney for many years, originally as a researcher in health psychology, and subsequently as a lecturer. In addition to clinical work, Sarah facilitates training for mental health practitioners, schools, government and business organisations, and is a consultant trainer to the Black Dog Institute Sydney. She also conducts training on the use of CBT at Sydney University Centre for Continuing Education. She has published many articles in professional journals and mainstream media, and is a frequent guest on 702 ABC radio. Her book 'Change your Thinking' is a best seller in the self-help genre, and her most recent book, 'No Worries', describes CBT strategies for managing anxiety and worry.

Registration details

Standard registration: **\$33** (includes a free worksheet, and exclusive discounts)

Numbers are limited to 100 with **FREE** code **YOUTHRIVE3108**

This event books out in just a few hours of registrations opening, so BE QUICK!

Register at www.PDPseminars.com.au or call us on 1300 887 622

Feedback from Sarah's recent presentations of this workshop:

"Sarah is a very experienced and competent facilitator who knows her material well. She is able to clearly convey this and I greatly valued her clear communication, knowledge, experience and professionalism. I got so much from today including amazing resources to use right away."

"I really appreciated the mini summaries Sarah did throughout the day - helpful for consolidating learning. Loved the perfect mix of theory and prac. A perfect training day really!"

"The demonstrations are great - so much more engaging than didactic presentation of material. Also really liked use of real worries of our own rather than examples - made it more experiential and engaging. Sarah is friendly, professional, and well prepared. Thank you Sarah!"

"Thank you. Sarah's presentation was very helpful. Lots of clear information, great resources and good demonstrations of how to apply techniques."

"Yet another highly professional PD from PDP. Sarah is so experienced and imparted knowledge, skill and resources. I gained so much for my practice. Please have her present more topics for PDP!"

"I learned great practical skills to apply in my practice!"

"Very informative, very useful, excellent."

"A very professional presentation - plain language, useful, up to date. Talented and knowledgeable presenter."

"Sarah gave clear examples to relate to the topic, engaged the audience well. Great day and great venue."

"Sarah is a wonderfully engaging and knowledgeable presenter and the topic CBT for GAD was a great update for me."

"Relevant and skill enhancing! Thank you!"

"Great course, great presenter, good food and over-all an enjoyable day."

"Engaging, informative and very well presenter. I feel empowered!"

"Well rounded presentation like a 3-course meal! Good balance of theory and practice."

"Another excellent PDP presentation! Many thanks for having Sarah as a presenter. Is it possible for Sarah to present other topics as she is such a brilliant and clever presenter!"

