



## **Cognitive Behavioural Therapy (CBT) for Depression Among Older Adults** *AN ONLINE WORKSHOP FOR HEALTHCARE & OTHER PROFESSIONALS*

**When: Monday, Mar 14<sup>th</sup> to Sunday, Apr 10<sup>th</sup>, 2022 (4 weeks) ONLINE weekly at your discretion**

**Cost: \$240 (Students \$120) Sufficient Enrolment Decision Deadline: Monday, Mar 7, 2022**

**This workshop will be offered only if there is sufficient enrolment.**

### **WEEK 1 – CBT for Older Adults**

- Cognitive Behavioural Therapy (CBT) and its usefulness
- The principles of CBT
- Expanding CBT to older adults and their caregivers (adaptations)
- Goals of CBT for both the client and clinician

### **WEEK 2 – Body, Mood, Behaviour Connection**

- The importance of behavioural activation in depression and older adults
- The connection between mood and physical reactions
- Diaphragm breathing
- Relaxation techniques: the progressive muscle relaxation technique and visualization

### **WEEK 3 – Restructuring Thoughts**

- A closer look at thoughts
  - Automatic thoughts
  - Core beliefs
- Restructuring thoughts through the thought record
- Cognitive distortions
- Case examples

### **WEEK 4 – The Whole Picture**

- Problem solving
- Developing social skills
- Adapting to changes in later life (e.g. decrease in socialization, loss, physical decline, appearance changes, role changes)
- Engaging in meaningful activities
- Countertransference and burnout

### **Instructor: Janany Jayanthikumar, MSW, RSW**

Janany has a Masters of Social Work from the University of Toronto, with a specialization in health and mental health. She has diversified experience in mental health, working in hospital and academic settings. As a clinical social worker and therapist at the Scarborough Health Network, Janany has extensive knowledge utilizing evidence based practices as well as training other practitioners in the field.

Registration and payment available online at [www.aging.utoronto.ca](http://www.aging.utoronto.ca)