BEHAVIOURAL ACTIVATION

Behavioural Activation (BA) is an approach that has been efficacious in the treatment of depression. It has been empirically shown that clinically relevant human behaviour is a function of reinforcement and when positive reinforcement is reduced or erratic, people’s sense of meaning, purpose and connectedness are impacted. This can lead to declines in mood and motivation, which causes a vicious cycle of depression.

Workshop Aims:
This focus of this workshop is to gain an understanding of the compelling reasons why BA should be considered as a distinct form of cognitive behaviour therapy for clients with depression, practice utilising skills, techniques and tools distinct to BA, learn how to conduct a behavioural assessment with clients and construct a collaborative BA intervention with clients.

When it's run
TBA

Duration
1 day

Time
9.00am – 5.00pm

Price
TBC

CPD Points
Yes

How to Register
Email: cmph.cbt@flinders.edu.au to register

Location
Flinders University, Behavioural Health – Margaret Tobin Centre, Flinders Drive Bedford Park, Adelaide SA

Available Study Modes
On-site

* Group rates/Organisational discounts available.

Contact us for more information.

For further information
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or phone 61 8 8404 2318