



**WELLINGTON WORKSHOP  
22-23 MARCH 2006**

Duxton Hotel  
170 Wakefield St, Wellington  
Registration 8:30am on day 1  
Workshop 9.30-5.30pm

**COGNITIVE THERAPY FOR PERSISTENT  
PROBLEMS: A NEW PARADIGM**

For over 15 years, Drs Christine A. Padesky & Kathleen A. Mooney have been working on helping clients overcome persistent problems. Their work has culminated in a new paradigm with a focus on the construction of NEW belief systems and interpersonal behaviours. It can be used with clients with diverse combinations of diagnoses including personality disorders and is usually introduced after standard CBT has been used for Axis I mood problems.

The workshop will include clinical demonstrations and structured exercises.

Participants will learn to help clients:

- ⇒ conceptualize the OLD system that perpetuates persistent problems
- ⇒ identify the benefits of change
- ⇒ construct a NEW system to deal with persistent problems
- ⇒ setup and debrief behavioural experiments that build NEW beliefs and interpersonal skills

**To read more about these workshops, visit  
[www.padesky.com/newzealand.htm](http://www.padesky.com/newzealand.htm)**

**AUCKLAND WORKSHOP  
27-28 MARCH 2006**

Sorrento in the Park  
One Tree Hill Domain  
Royal Oak, Auckland  
Registration 8:30am on day 1  
Workshop 9.30-5.30pm

**UNCOVER STRENGTHS & BUILD RESILIENCE  
USING COGNITIVE THERAPY: A 4 STEP MODEL**

Resilient people have skills to help them face and handle positive and negative life events. In recent years, Drs Christine A. Padesky and Kathleen A. Mooney have developed a cognitive therapy approach for building and strengthening resilience. This approach integrates knowledge from resilience research, traditional cognitive therapy methods, and constructive cognitive therapy approaches to help people build and apply a personal model of resilience.

In this workshop, participants will learn to:

- ⇒ Explore the link between resilience and emotional health
- ⇒ Identify six areas of competence linked to resilience
- ⇒ Build a personal model of resilience in four steps
- ⇒ Practise methods to evoke symbolism and metaphor
- ⇒ Appreciate the role of acceptance in promoting resilience
- ⇒ Evaluate beliefs and behaviours that derail progress

**Registration form**

Return as soon as possible. Limited enrollment.

**Early bird rates per workshop (up to 28 Feb 2006)**

- NZCCP member \$395.00
- NZCCP member: student \$195.00
- Non-member \$450.00
- Non-member: student \$250.00

**Normal rates per workshop (after 28 Feb 2006)**

- NZCCP member \$420.00
- NZCCP member: student \$220.00
- Non-member \$475.00
- Non-member: student \$300.00

Morning and afternoon teas and lunch included.

Name of attendee

Organisation

Telephone

Email address

Auckland or Wellington workshop (specify)

**Registrations will be acknowledged by  
e-mail. If you haven't heard from us,  
you're not registered.  
Details about accommodation options will be  
provided in the registration e-mail.**