## CBTASA Garden Route Congress: 21-22 March 2025

Theme: CBT Interventions for community-related mental health problems

DAY 1 – Friday 21 March 2025				
TIME	TURBINE HOTEL Conference room	THE STATION		
7h30 Registration	Registration			
8h00 Welcome	Introducing the CBTASA (Shane Pienaar-Du Bruyn) CBT for the community   Kuthetha Nathi (Daniel Rabinowitz)			
8h30	DBT Overview and Experiential Activities: (Wendy Rossouw/Daniel Rabinowitz/Lauren Creese)  1. Introductions: (10 mins) (WR, DR & LC)  Introductions: (10 mins) Raisin Exercise-Observe and Describe from 'What' Skills (LC)  2. DBT Overview: Pre-treatment: Isosocial Theory (WR) (25 mins) Commitment strategies & Treatment goals (DR) (45 mins)	REBT Overview and experiential activities (Jaco Rossouw)  This full day workshop will follow the principles taught in the training at AEI. The aim is to provide training in the basic concepts of REBT and to then practice these skills with peers during the training. You will learn how to conceptualize emotional problems from a REBT perspective, help patients to understand this conceptualization and to then help them change there more rigid ideas to more flexible, ideas, beliefs and wishes.  You can expect to receive a good fundamental theoretical understanding (3 hours) and experientially apply the theory with your peers, by taking real-life problems (not your biggest challenges) and taking turns in being the client and the treatment provider whilst being supervised.		
10h00	Tea break	Tea break		
10h30	<ul> <li>Mindfulness Exercise (10 mins) Participate and describe - 'WHAT' Skills CM (LC)</li> <li>Chain Analysis &amp; Basic Validation (DR) (80 mins)</li> </ul>			

12h00	Lunch	Lunch
13h00	<ul> <li>Mindfulness Exercise (10 mins Wise Mind exercise and overview) (LC)</li> <li>DBT Fundamentals for Low Resource Community Populations:         Substance Use Disorders Focus</li> <li>Distress Tolerance and SUD skills (WR) 85 mins</li> <li>DBT for BPD with SUD vs 12-Step Programme (WR) 25 mins</li> </ul>	REBT Applications for Anxiety Disorders (TBS) in youth and adults
15h00	Tea break	Tea break
15h30 16h30 (Day end)	<ul> <li>Mindfulness Exercise (10 mins ) The 'How' Skills (WR)</li> <li>DBT Skills Focus: Interpersonal Effectiveness Skills Workshop (DR/LC) (55 mins)</li> <li>DEARMAN (DR) 30 mins</li> <li>FAST (DR) 10 mins + Dime Game (LC) 10 mins</li> <li>Emerging South African DBT Research: Preliminary data from the Fort England Hospital DBT Implementation Study (LC) (30 mins)</li> </ul>	REBT continued

DAY 2 – Saturday 22 March 2025				
TIME	TURBINE HOTEL Conference room	THE STATION		
8h30	Unified Protocol Basics (Tyrone Edgar)	Cognitive Therapy/CBT Overview and experiential activities (Shane Pienaar-Du Bruyn)  Beckian CBT based on the supervision and training principles of the Academy of CBT. Theoretical foundations include conceptualization model; attributes of CT according to the CTRS (incl the importance of the therapeutic relationship); the style of CT; examples of C&B techniques. Practical exercise would be to select an appropriate intervention for cognitive distortions. The style of CT – guided discovery by Socratic Dialogue (Scott Waltman version) - to follow during a skill training session. Ending with an illustration of the application of a CT protocol for Depression, with cultural adaptations.		
10h00	Tea break	Tea break		
10h30 11h00-11h45	Voice from the fringe: model for a community mental health clinic?	CT continued		
	(Linda Blokland)  The presentation will describe the operations of a mental health clinic situated within an ecology of community.			
11h45 – 12h00	The feasibility and acceptability of task-sharing adapted DBT for the homeless with alcohol-related disorders – a			

	research review.	
	(Daniel Rabinowitz)	
12h00	Lunch	Lunch
		·

13h00	The ABC's of the trauma focused treatment of PTSD	CT continued
	(Jaco Rossouw)	
		Skill training session – Guided Discovery by
	This to trauma-focused interventions is aimed at	Socratic Dialogue
	introducing a CBT conceptualization to trauma-related	
	disorders. We discuss the treatment options within the	
	field of trauma-focused interventions that have a solid	
	evidence base. We aim to develop a basic	
	understanding of how one of the trauma-focused	
	interventions, namely prolonged exposure (PE) works.	
	Case examples and roleplays will form part of this	
	training. The application to South-Africa and low-	
	income environments are discussed. You can expect to	
	be provided with a basic introduction to this field and	
	access to resources to receive further training.	
15h00	Tea break	Tea break

15h30 Introduction to the CBT management of sleep CT Application for Depression in adults including problems in youth and adults cultural adaptations; suicidality (TBS) (Jaco Rossouw) Through my ongoing research on the treatment of PTSD I have the good fortune to be exposed to the gold standard CBT management of sleep disturbance in youth and in adults. During this training session you will be introduced to the processes that drive sleep disturbance. We will also look at the types of sleep disturbance to look out for. You will be reminded of the farreaching effect of not sleeping enough. We will also discuss what good sleep hygiene looks like. In discussing treatment, we will identify the key indicators used to assist clients to make changes to their sleep schedules and the use of a sleep diary and wearables. You will be introduced to the youth and adult treatment manual that is used in CBT treatment of sleep disturbance. The relevance of sleep disturbance secondary to trauma and a 16h30 (Day end) comorbid PTSD diagnosis will also be discussed.

**SOCIAL FUNCTION: KNYSNA YACHT CLUB** 

Saturday 22 March 2025 at 18h30

Dress code - Informal, nautical theme (navy and white)

Cost to be advised