

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	<p>DBT Overview and Experiential Activities: (Wendy Rossouw/Daniel Rabinowitz/Lauren Creese)</p> <ol style="list-style-type: none"> 1. <u>Introductions:</u> (10 mins) (WR, DR & LC) <ul style="list-style-type: none"> 🌟 Mindfulness Exercise (10 mins) Raisin Exercise- Observe and Describe from 'What' Skills (LC) 2. <u>DBT Overview: Pre-treatment:</u> <ul style="list-style-type: none"> • Biosocial Theory (WR) (25 mins) • Commitment strategies & Treatment goals (DR) (45 mins) 	<p>REBT Overview and experiential activities (Jaco Rossouw)</p> <p>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.</p> <p>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.</p>
10h00	Tea break	Tea break
10h30	<ul style="list-style-type: none"> 🌟 Mindfulness Exercise (10 mins) Participate and describe - 'WHAT' Skills CM (LC) • Chain Analysis & Basic Validation (DR) (80 mins) 	

12h00	Lunch	Lunch
13h00	<p>📌 Mindfulness Exercise (10 mins Wise Mind exercise and overview) (LC)</p> <p>3. <u>DBT Fundamentals for Low Resource Community Populations: Substance Use Disorders Focus</u></p> <ul style="list-style-type: none"> • Distress Tolerance and SUD skills (WR) 85 mins • DBT for BPD with SUD vs 12-Step Programme (WR) 25 mins 	REBT Applications for Anxiety Disorders (TBS) in youth and adults
15h00	Tea break	Tea break
15h30	<p>📌 Mindfulness Exercise (10 mins) The 'How' Skills (WR)</p> <p>4. <u>DBT Skills Focus: Interpersonal Effectiveness Skills Workshop</u> (DR/LC) (55 mins)</p> <ul style="list-style-type: none"> • DEARMAN (DR) 30 mins • FAST (DR) 10 mins + Dime Game (LC) 10 mins <p>5. <u>Emerging South African DBT Research:</u> Preliminary data from the Fort England Hospital DBT Implementation Study (LC) (30 mins)</p>	REBT continued
16h30 (Day end)		

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		CT continued
11h00-11h45	Voice from the fringe: model for a community mental health clinic? (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	<p>The ABC's of the trauma focused treatment of PTSD (Jaco Rossouw)</p> <p>This to trauma-focused interventions is aimed at 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.</p>	CT continued Skill training session – Guided Discovery by Socratic Dialogue
15h00	Tea break	Tea break

