

CBT in Action: Applications in the Workplace 27 Nov 2012

Developed by a Leading Expert in the field - Dr. Dom Mattia from CBT Australia

Cognitive Behavioural Therapy can help your clients.

“Cognitive behavioral training in the workplace has been found to successfully change attributional style, resulting in reduced turnover, increased productivity, and improvements in other measures of well-being”.

Personality and Individual Differences, 46, 2009.



Dr. Dom DiMattia BA, MEd, EdD

Dr. DiMattia is a Human Relations Consultant who has been Executive Director and Senior Staff Supervisor at the Albert Ellis Institute. He was previously Vice President of Human Resources for the Fireman Group in New York. He is Professor Emeritus of Counselling and Human Resources at the University of Bridgeport.

Dr. DiMattia has co-authored books eg the highly renowned 'CBT in the Workplace', written numerous journal articles, and conducted hundreds of workshops and seminars as a consultant and mental health trainer. A member of the American Psychological Association, he has presented papers, lectures, and workshops in Australia, the US and Europe.

Cognitive Behavioural Coaching & Training Methods - what you will learn?

Why is it that different people react differently to the same organisational stressors? An impatient boss, impromptu presentation or sudden changes in job requirements can make some feel nervous but others remain calm and solution focused.

According to stress researcher Richard Lazarus (1994) the main difference between people's stress reactions is due to a difference in their appraisal and coping strategy.

This one day seminar is aimed for HR Professionals, Managers, Organisational Psychologists or Workplace Coaches who wish to learn the basic skills necessary to help employees evaluate, identify and change self-defeating work-related thoughts, attitudes and behaviours.

Based on the principles of traditional Cognitive Behavioural Therapy participants will learn to develop and implement coaching or training programs that can help individuals or teams remain motivated, creative and focused despite obstacles, change or sudden increases in pressure.

Cognitive behavioral training and coaching methods can be applied to:

- Stress Management
- Change Training
- Leadership Development
- Sales Effectiveness
- Assertiveness
- Team Building
- Time Management
- Motivation
- Goal Setting

Topics to be covered

- Cognitive Behavioural Training and Coaching: Background and Theory
- Developing and implementing the training program in the workplace
- Coping with resistance during training or coaching
- How to sell your Cognitive Behavioural Program in the workplace

Cost

- HK\$4,200 per person
- HK\$3,990 - 'Early Bird' discount or until 10 Sep. 2012
- Discount available for teams

Location

- Cyberport Training Venue in Pokfulam, Hong Kong

Enrol

For further information please contact us on: **+852 9220 5081** or **+852 9474 7581**. To enrol, please complete and return the form with a cheque made payable to 'PsychCentral' to: New Victory House, Suite 1303, 93-103 Wing Lok Street, Central, Hong Kong. A booking form can also be downloaded from: www.psychcentral.com.hk and www.pathwayslimited.com

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Application Form

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The program fee is **HK\$4,200** per participant.

I would like to apply for the following **discount**:

Please note, only one discount available per application:

- 'Early Bird' 5% discount.** Applicable for applications received prior to 10th Sep. 2012.
- 'Bring a Friend' 5% discount.** Apply together with a friend and receive a 5% discount.
- 'Bring a Team' (4 or more) 8% discount.** Apply together with a team and receive an 8% discount.

Your Details:

Surname: First Name:

Name to appear on Certificate:

Employer:

Job Title:

Work Address:

City:

Work Email:

Work Phone: Work Fax:

Home Address:

City:

Home Email:

Home Phone: Home Fax:

How did you hear about this program?

Qualifications:

Current Employment:

Previous CBT experience:

What part of CBT are you interested in learning about?

Applications will be taken on a first-come, first served basis. This form should be accompanied with payment. Cheques should be made payable to 'PsychCentral'. Your cheque will be returned immediately if there are no places available. Confirmation of place will be sent via email. Cancellations must be received in writing to training@psychcentralhk.com. Refunds are given (less 10%) for cancellations received by 5pm a minimum of 10 days prior to the commencement of a course. Cancellations received AFTER this date, are ineligible for a refund, however may be transferred to a future course and will incur a 10% transfer fee. Registrations are transferable to another person upon notification.

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