

CBT Training



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BRILLIANT MENTAL HEALTH

Dr. Nina Josefowitz
Workbook

Biography



Dr. Nina Josefowitz has over thirty years' experience as a CBT therapist and teacher. Dr. Josefowitz has spent most of her career as an adjunct faculty member in the Department of Applied Psychology and Human Development at OISE/University of Toronto, Canada. She teaches a course in cognitive behavior therapy as well as counseling related courses in the Global Mental Health program. Dr. Josefowitz has offered workshops on CBT internationally in China, Ethiopia and India in addition to conducting over 100 workshops throughout Ontario to a variety of mental health agencies.

Dr. Josefowitz is interested in how to combine a client centered approach with CBT so that client's emotional life is validated and attended to while at the same time focusing on client's thoughts and behaviours. She is well known for her interactive teaching style.

In addition to her clinical work and teaching, Dr. Josefowitz has appeared in court numerous times as an expert witness in cases of childhood sexual assault, interpersonal violence and sexual harassment. Dr. Josefowitz was on the Council of the College of Psychologists for 9 years, and President of the College from 2001-2003. She has widely published in the area of cognitive behaviour therapy, trauma, women's issues, forensic assessment, ethics and clinical psychology. With her co-author, Dr. David Myran, she recently published with New Harbinger the second edition of *CBT Made Simple: A clinician's guide to practicing cognitive behavioral therapy*. Her book has been widely praised for its practical approach to learning CBT as well as its numerous exercises and video demonstrations. Dr. Josefowitz is a Fellow of the Canadian Psychological Association.

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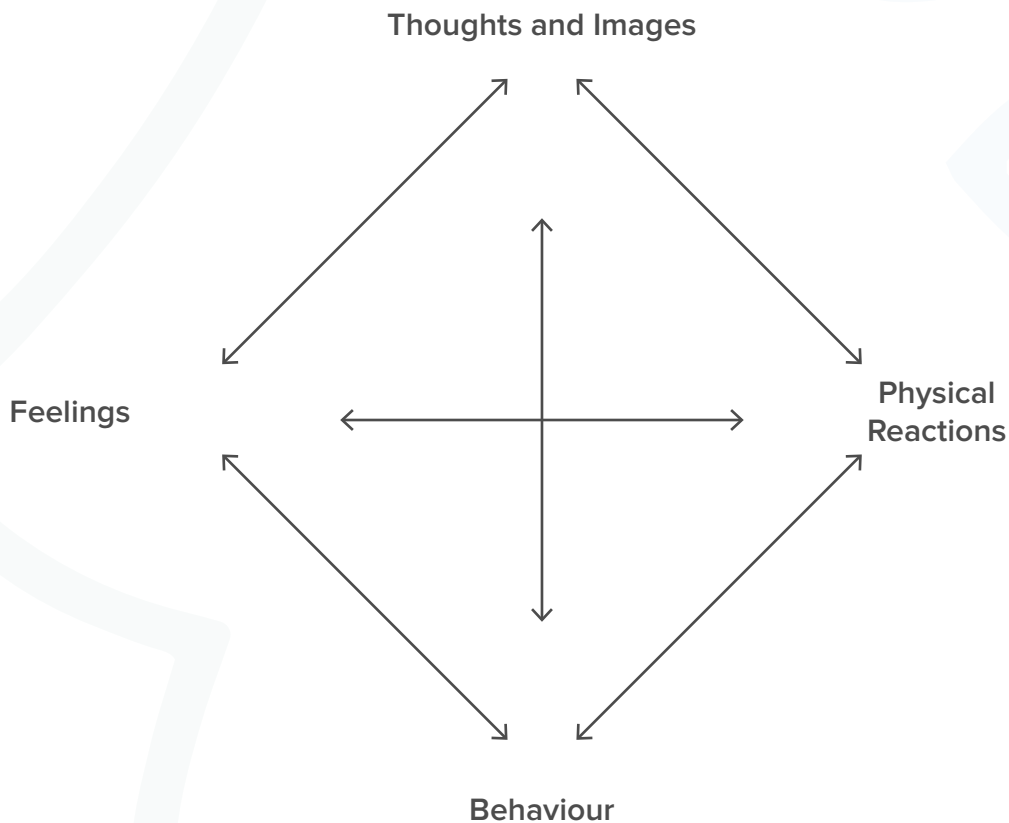
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Lesson One: Introduction to CBT

1.1 CBT Four Factor Model

- What are you feeling?
- What are you thinking? Do you have any images?
- What is happening in your body?
- What did you do? (Your behavior)?



1.2 Example of Using the Four Factor Model

Your client tells you that she was invited to hang out with some people from work. She sighs, looks down, and says, “I don’t know anyone. I just feel so anxious. They’re all different from me. I get a stomach ache thinking about it. I will have nothing to say. I’m sure it won’t go very well. I told them I was busy.”

How do you start to understand your client’s experience?

THIS IS A PREVIEW OF THE CBT WORKBOOK

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