



CBASP at the OMA: Hope for Chronic Depression

Sian Rawkins, MD, FRCPC

Cognitive Behavioral Analysis System of Psychotherapy (CBASP) is an integrative psychotherapy modality originated by Dr. Jim McCullough and designed specifically for the treatment of chronic depression. CBASP is recognized in Treatment Guidelines and has robust empirical support (N Engl J Med 2000; 342: 1462-70).

This interactive workshop is focused on the theory and practice of effective psychotherapeutic treatment of chronic depression, and is intended to provide trained psychotherapists with an expanded clinical repertoire to manage the complex challenges encountered in treating this population.

At the completion of this workshop participants will be able to:

- *Recognize prominent maladaptive interpersonal behaviours of chronically depressed patients and appreciate the resulting clinical challenges and potential pitfalls.*
- *Understand and apply the key principles and techniques of CBASP in order to achieve real change in the lives of chronically depressed patients.*
- *Formulate and explicitly communicate transference hypotheses, reflecting salient interpersonal themes as they come to life in-sessions.*
- *Utilize 'Disciplined Personal Involvement' to help patients become aware of their interpersonal impact within the here-and-now of the therapeutic alliance.*
- *Apply techniques to recognize and reduce the risk of therapeutic impasses.*

OMA Section on GP-PSYCHOTHERAPY



Dr. Sian Rawkins, MD, MEd, FRCPC, Lecturer of Psychiatry at the University of Toronto, is Head of the Ambulatory Psychiatry Program at Mount Sinai Hospital. Dr. Rawkins' academic and clinical work is focused in the areas of medical education, general psychiatry, and psychotherapy, and she has won a number of important teaching awards at the University of Toronto and beyond. She is a certified CBASP trainer, with equal proficiency in IPT, group, and integrative psychotherapy.