

Targeting Personality Risk Factors in Psychotherapy and the PREVENTURE Programme

June 13th and 14th, 2017

CHU Sainte-Justine,

Amphitheater 250, bloc 11

3175, Côte Sainte-Catherine, Montreal (QC) H3T 1C5 CANADA

Presenters:

Dr. Patricia Conrod, Université de Montréal

Dr. Sherry Stewart, Dalhousie University

Personality-targeted interventions have proven highly effective for addressing mental health and substance use problems, and in school-based drug and alcohol prevention. This two-day workshop will provide an overview of the psychobiologic research on four personality risk factors for substance use and mental disorders: anxiety sensitivity, negative thinking, impulsivity and sensation seeking.

The training will also provide an overview of the instruments used to assess these traits in clinical practice, and new intervention strategies that target these traits in therapy. The workshop will focus on how to deliver cognitive-behavioural and motivational interventions in personality-specific ways, and will provide practical training on how to deliver the interventions in the context of school-based prevention using the Preventure Programme. This workshop is only open to health professionals with counselling or psychotherapy training.

**Fees: \$700 CAD for 2 days of training
(including lunch and therapist manuals)**

Register now on:

<http://saac.chu-sainte-justine.org/preventure2017.html>