Deepen your professional knowledge and stay up-to-date on practices and communication strategies. Our interprofessional courses link theory to practice, strengthen skills and build professional networks.

NEW Fall 2013 Courses

Mindfulness-Based Cognitive Therapy (MBCT): New Developments in Theory and Practice
MARK LAU, PhD, RPsysch
Learn the key aspects of mindfulness-based cognitive therapy (MBCT) through didactic instruction and experiential exercises.
Fri, Oct 25, 9am-4pm. UBC Robson Square. $215+tax.

Solution-Focused Brief Therapy
MARILEE SIGAL, PsyD, RCC
Help your clients move more quickly into better mental and physical health and relationships with Solution-Focused Brief Therapy (SFBT).
Fri, Nov 15, 9am-4pm. UBC Robson Square. $215+tax.

Also of Interest

Introduction to Motivational Interviewing for Helping Professionals
Fri-Sat, Sep 20-21, 9am-4pm

Advanced Motivational Interviewing for Helping Professionals
Fri-Sat, Nov 1-2, 9am-4pm

Motivational Interviewing in Psycho-Educational Groups
Fri, Nov 22, 9am-4pm

Messages that Matter: Knowledge Translation Strategies for Health and Helping Professionals
2 Fri, Oct 4 & 18, 10-11:30am

Individualized Motivational Interviewing Feedback and Coaching