

## Individual Insights Craving Change™ Workshop

Wednesday, June 11, 2014  
12:45 pm – 5:00 pm

The Ottawa Hospital  
Ottawa, Ontario

### Applying the core Craving Change™ concepts in your one-on-one practice!

*"I don't usually talk to my patients about their thoughts and feelings – I need more direction to help me initiate a cognitive-behavioural discussion with confidence!"*

*"My patients think it's corny to talk about an iceberg! Help!"*

*"I'm familiar with the Craving Change™ approach . . . but it would be great to strengthen my core individual counselling skills such as validation, normalization and paraphrasing."*

Here's your chance to attend a specialized workshop with the co-founders of Craving Change Inc! Wendy Shah RD and Colleen Cannon PhD, RPsych will present new methods and tools to help your clients move from discouragement to discovery. Join this highly respected and engaging team for a half-day advanced Craving Change™ workshop that is practical, interactive and insightful.

Core best-practice theory will be translated into real-life exercises for enhancing patient engagement and motivating behaviour change. Expect to speak up, participate, and to leave with both practical ideas and clinical inspiration.

### Learning Objectives

1. To learn and practice skills for introducing the cognitive-behavioural approach with your clients in mind.
2. To review techniques for developing a therapeutic alliance with your clients. Engage, reinforce, inspire curiosity and reign in the advice!
3. To practice core counselling skills.
4. To observe and discuss a variety of cognitive-behavioural dialogues and case studies. Materials used will include original and new Craving Change™ tools and worksheets, highlighting the 2013 individual counselling guide.
5. To become familiar with free, online mental health resources for your clients.

## Prerequisites

Attendees must be health care professionals who are licensed to use Craving Change™ materials and have been trained in the basic principles and resources via an in-person workshop **or** the Professional Training Video. Visit [www.cravingchange.ca](http://www.cravingchange.ca) for more information about the online training video program.

## Facilitators and Co-Founders of Craving Change™

Wendy and Colleen are experts in the psychology of eating, and have built Craving Change™ into the #1 cognitive-behavioural program for problematic eating in Canada. Craving Change™ is used by thousands of allied health care professionals in every province and territory in Canada. Their client Workbook has sold over 35,000 copies.

**Wendy Shah**, RD is a registered dietitian recognized for her outstanding ability to write with an entertaining and thought-provoking style, while providing research-based, practical messages. Wendy has worked extensively in chronic disease and weight management. Through years of direct clinical experience, Wendy has become an expert in integrating elements of the CBT model into traditional dietetics practice.

**Colleen Cannon**, PhD, R.Psych. is a clinical psychologist who has provided direct clinical service, multidisciplinary collaboration, consultation, and training in a variety of health care settings including diabetes, heart disease, and eating disorders. Her passion is translating core principles of behaviour change and psychological well-being into accessible services.

## Location

[The Ottawa Hospital](#) General Campus, [Royal Room](#), 501 Smyth Road, Ottawa, ON K1H 8L6.

## Registration Deadline – April 30, 2014

### Use accompanying interactive registration form

Limited to 40 spaces, first come, first served with payment by registration deadline.

Registration contact: Carol Clarke, [carol@cravingchange.ca](mailto:carol@cravingchange.ca)

**Fee:** \$195.00 plus HST. Light refreshments will be provided.

This fee includes Craving Change™ resources:

- Those who purchased their license and Facilitator's Kit prior to March 2013 will receive the Craving Change™ Update Package (retail value \$40.00)
- Those who purchased any of the certification packages since March 2013 or already have the Craving More! Update Package will receive five Client Workbooks and ten fridge magnets (retail value \$40.00)
- Those who are licensed to use Craving Change™ under an Organization License will receive five Client Workbooks and ten fridge magnets (retail value \$40.00)

*Fee Reimbursement:* Ontario allied health professionals are eligible for funding to support skill and knowledge development opportunities through the Health Force Ontario's [Allied Health Professional Development Fund](#).