### AnzaCBT Pre-Conference Workshop and Conference 19th November-20th November 2018 Scientific and Social Programme

**Monday, 19th November 2018**

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| 8:00 | Registration |
| 9:00 | **Full-day Workshop**  Professor Louise Sharpe, Sydney University: CBT in adjustment to Chronic Illness |
| 10:45 | Morning Tea |
| 11:00 | Workshop continued: CBT in adjustment to Chronic Illness |
| 12:30 | Lunch |
| 1:30 | Workshop continued: CBT in adjustment to Chronic Illness |
| 3:00 | Afternoon Tea |
| 3:20 | Workshop continued: CBT in adjustment to Chronic Illness |
| 4:30 | Closing |
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| 5:00 | Welcome drinks (social hour) CQ Hotel |

**Tuesday, 20th November, 2018**

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| 8:00 | Registration |
| 9:00 | Welcome |
| 9:15 | **Keynote**  Professor Louise Sharpe: Novel Interventions in Pain |
| 10:15 | Morning Tea |
| 10:45 | **Workshop**  Tobias Schulze: Is there a place for Self-Disclosure in CBT? |
| 12:15 | Short Presentation  Emma Burland: Core Beliefs as an obstacle in the treatment of a client diagnosed with Generalised Anxiety Disorder |
| 12:45 | Lunch and AGM |
| 2:00 | **Workshop Part I**  Beverly Haarhoff: How to use Behavioural Activation to overcome symptoms of Depression |
| 3:00 | Tea |
| 3:15 | **Workshop Part** **II**  Beverly Haarhoff: How to use Behavioural Activation to overcome symptoms of Depression |
| 4:45 | Feedback and Closing |

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