

ONLINE TRAINING OPPORTUNITY

# AFFIRMATIVE COGNITIVE BEHAVIOURAL THERAPY (CBT) with LGBTQ+\* POPULATIONS

\*lesbian, gay, bisexual, transgender, queer & questioning

## AFFIRM

**AFFIRM** is an evidence-informed, 8-module, manualized CBT intervention focused on reducing depression and behavioral risks created specifically for LGBTQ+ populations.

### LEARN TO

- **Affirm** sexual and gender minority identities
- **Engage** in case conceptualization and formulation that attends to the specific needs of LGBTQ+ clients
- **Enhance** client ability to cope with anti-LGBTQ+ discrimination
- **Implement** strategies aimed at helping clients modify unhelpful thoughts, create support networks, engage in healthy and affirming behaviours and sustain hope

### WITH TRAINERS

**Dr. Shelley Craig**, PhD, LCSW (University of Toronto)

**Dr. Ashley Austin**, PhD (Barry University, Miami, Florida)

### REGISTRATION

Capped at 24 participants. Registration link below.

### DATES

#### Two days of training:

- Wednesday, February 3  
10 AM to 5PM
- Wednesday, February 10  
10 AM to 5PM

#### Location: Online (Zoom)

Link shared upon registration.

### COST

#### \$425 USD Regular Price

\$375 USD Early Bird  
(Register before January 11, 2021)

\$300 USD Student Price

Attendees will receive the AFFIRM manual and a Certificate of Completion.

Learn more and register at

[WWW.BROWNPAPERTICKETS.COM/EVENT/48534407](http://WWW.BROWNPAPERTICKETS.COM/EVENT/48534407)