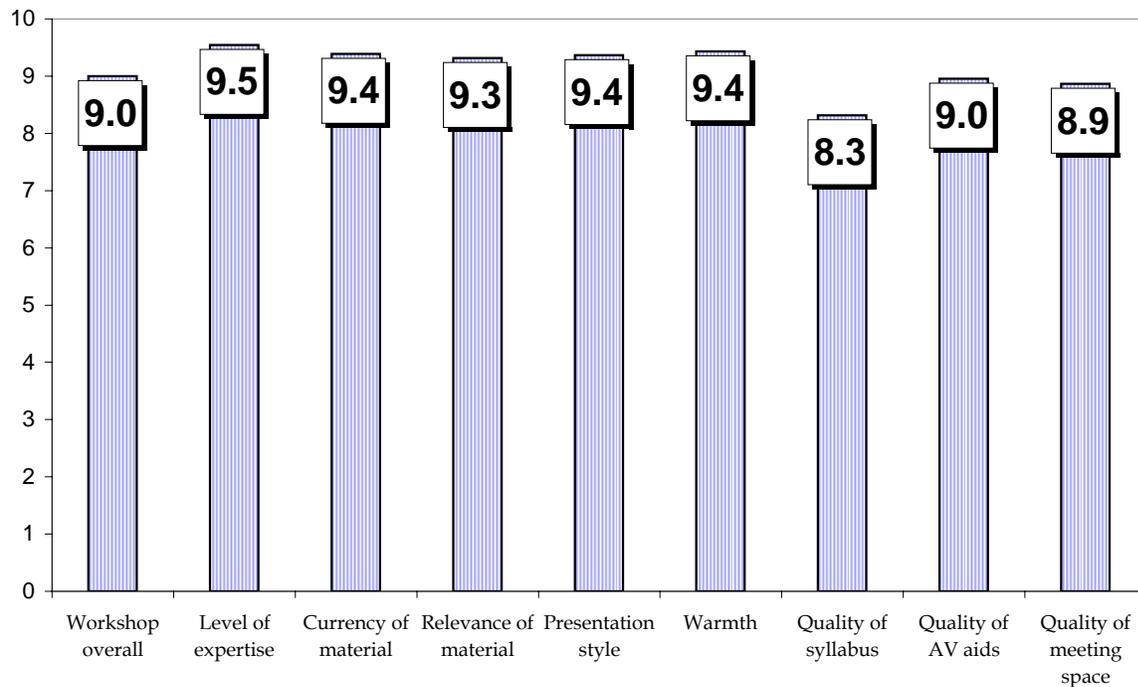


# CBT for Depression

Presented for the Saskatchewan College of Family Physicians' Annual Family Medicine Review  
Thursday, September 24, 2009 in Regina, SK (6.0 instructional hours)



## Participant comments

- ▶ *I had a great time*
- ▶ *Excellent*
- ▶ *Good for primary care... useful tools where none existed before*
- ▶ *Managed to stay awake throughout*
- ▶ *Great workshop*
- ▶ *Entertaining... helpful + empowering*
- ▶ *Very personable and knowledgeable*
- ▶ *Refreshing to have a primary care perspective*
- ▶ *Greatly (intensely) expanded knowledge base in short time... awesome*
- ▶ *Very practical & useable*
- ▶ *Topical, very up-to-date... very practical tips... we'd like to have you back next year*
- ▶ *Impressive expertise... applicable and practical*
- ▶ *Great strategies*
- ▶ *Pleasant, easy presentation style... enjoyed the depth of knowledge presented*
- ▶ *Well-organized.. great presentation and material... very well done*
- ▶ *This should really help, perhaps even in my personal life*
- ▶ *Full of relevant and useful info... great*
- ▶ *Definitely applicable tools*
- ▶ *I'd like more of these [workshops]*
- ▶ *Makes sense... good pointers for practice*



### GREG DUBORD, MD

Director, Toronto Center for Cognitive Therapy  
Founding Fellow, Academy of Cognitive Therapy  
Fellow, Beck Institute for Cognitive Therapy and Research  
Director, Advanced Cognitive Therapy Course, University of Toronto

### TORONTO CENTER FOR COGNITIVE THERAPY

36 Toronto Street, Suite 850, Toronto, ON M5C 2C5 CANADA  
TEL 416.777.6699 FAX 416.203.6111 [www.cbt.ca](http://www.cbt.ca) [greg.dubord@cbt.ca](mailto:greg.dubord@cbt.ca)