

# CBT CANADA



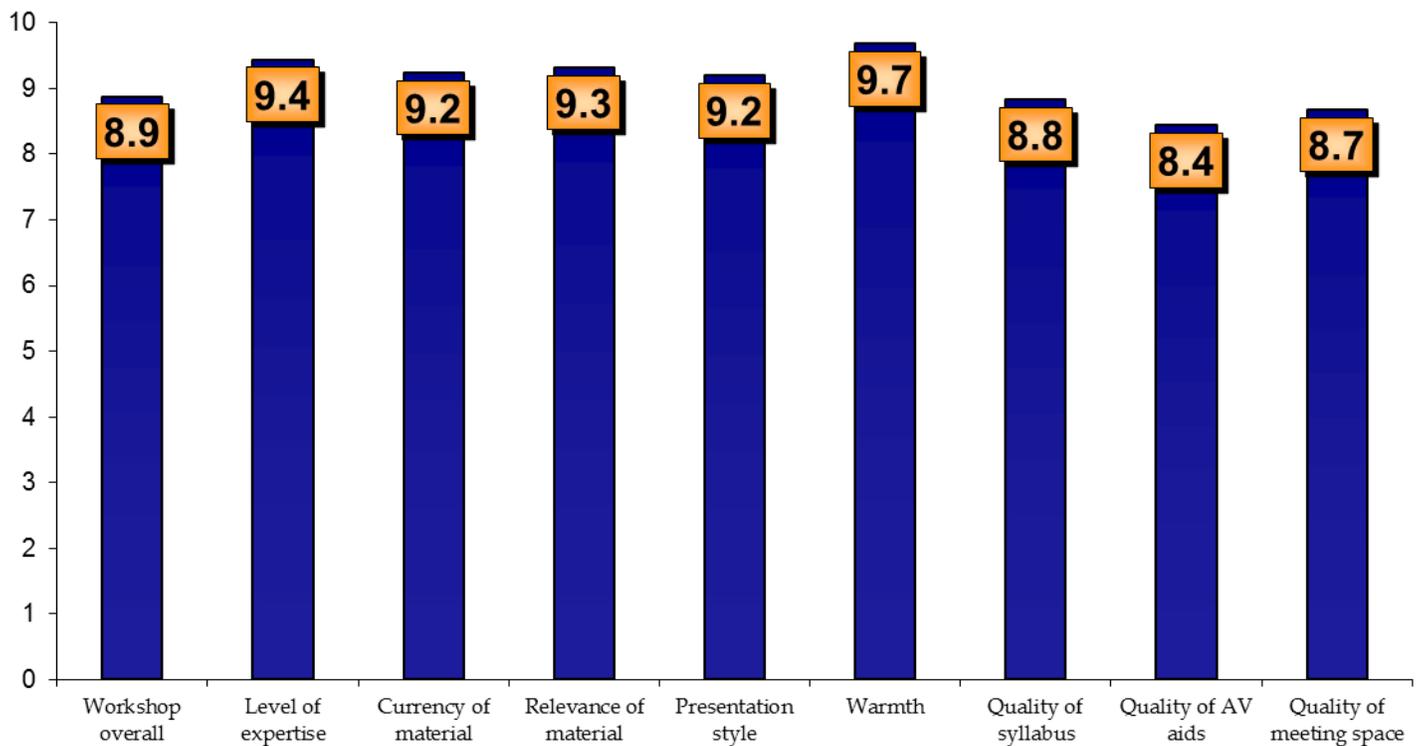
supratentorial medicine



December 2–3, 2017

*CBT for Depression*

McMaster University



- A very knowledgeable & motivating speaker
- The statistics were the latest
- Everyone can better themselves using the techniques instructed
- A helpful approach for the 10-minute appointment
- Engaging, funny, and sincere
- Interactive group
- Very up-to-date and evidence-based!
- Humor ++
- These tools will give me more satisfaction in my practice and help prevent burnout
- This will make me more efficient & effective in addressing mental health & preventing my own burnout
- I've already started using this in my own life and I'm finding it very beneficial

# What family physicians say (*continued*) ...

- Succinct and practical
- Everyday usefulness
- Very useful for work, home (kids) and myself
- Greg's humor and ease of presenting the material meant that I did not get any mental fatigue
- Love the topics
- This material would have made my work as a physician immensely easier if I'd had it back in medical school
- Amazing visuals and contemporary topics and content
- Applicable in many ways
- The instructor was adept at linking to family medicine practice and what we face daily
- A fun workshop and I learned a lot
- Very entertaining
- Absolutely important for my day-to-day practice
- Enjoyable
- Very knowledgeable
- Excellent presenter—humorous & engaging
- Very detailed with good lists of instructions for specific problems
- Excellent presentation
- Very informative, providing great knowledge capital
- Great connection with attendees
- Made my life easier—I don't carry as much baggage
- Much less stress and better able to persuade patients to adhere to treatments
- If I'd had it earlier it would have made my first years of work more enjoyable!
- I learned a lot of things I can apply to myself and my relationships
- Interesting and engaging
- Most relevant
- Humorous and personally applicable
- This will improve my skill in dealing with depressed patients quickly and easily
- Very relevant to physician well-being by increasing self-understanding as well as improving ease with difficult patients
- Extremely useful
- Speaker excellent
- Highly relevant to Medical practice and personal life!
- Very engaging
- This material will definitely help me avoid being emotionally drained at the end of the day
- A casual and relaxed learning atmosphere that allowed participants to be more involved with discussions
- Very warm presentation style
- Applicable to clinical decision-making
- Very organized with helpful hints
- Very current and well referenced
- Top-notch presenter with a very professional syllabus

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