

CBT

CANADA



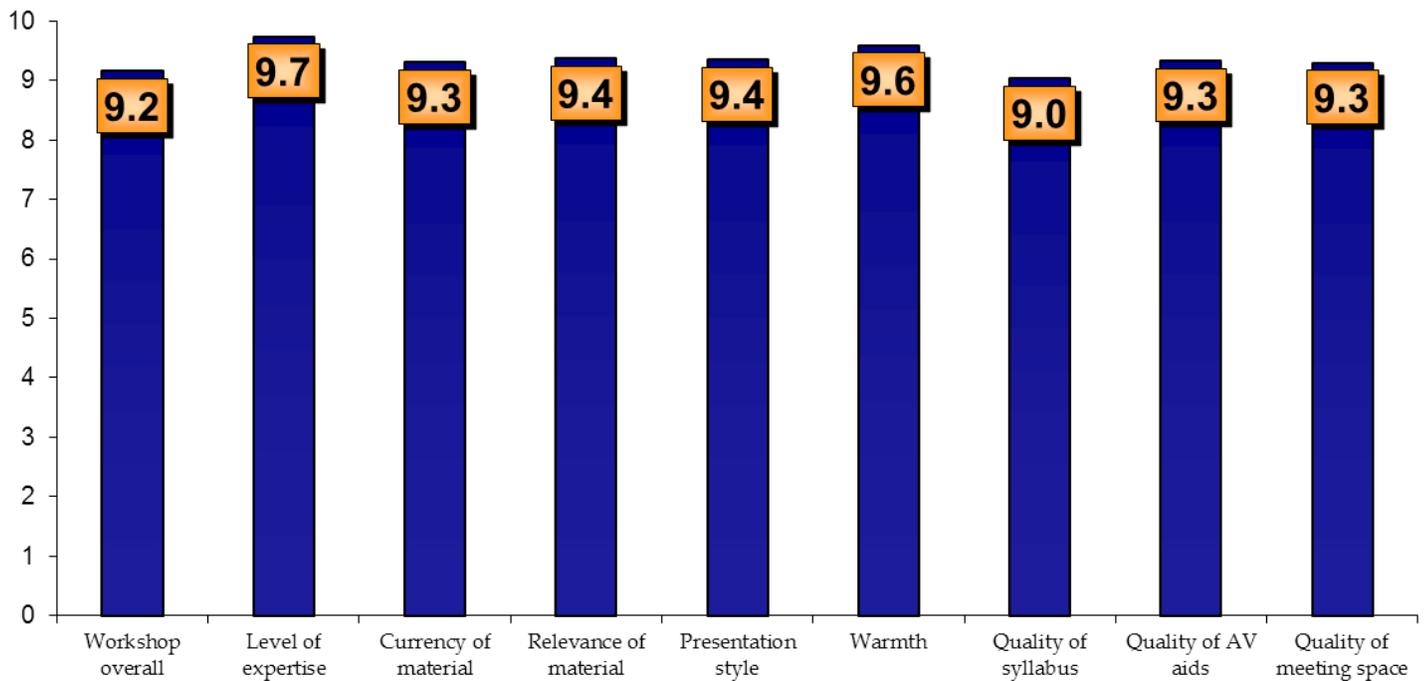
supratentorial medicine



December 3, 2019

Medical CBT Day: Ten-Minute CBT & The SuperDoc Workshop

McGill University



- Much more practical than other psychiatric CME I have taken... It is essential and should be given to all family medicine residents
- Entertaining and relevant
- Current and timeless
- Humoristic, structured but creatively-linked concept, jokes, historical references, art, philosophy, etc.
- Extremely important training for family physicians
- Would do it again
- A very entertaining and energetic speaker
- Fun and practical
- A great and approachable speaker
- Much more practical and useful than other psychiatric training

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

- Concise and succinct with high-yield topics
- Very important, but it is unfortunately not well taught in our training programs
- Applies to personal life
- Dynamic speaker
- A must in establishing a connection in treating patients
- Funny and entertaining
- Teaches skills that can be used in all illnesses and conditions
- It applies to all kinds of behavioral changes, not just anxiety and depression
- A game-changer for me
- Crucial and it should have been taught at the beginning of practice.
- Very practical
- Loved it!
- Will definitely recommend
- Looking forward to applying in both personal life and professional practice
- Very practical and focussed on efficiency
- Better and more relevant than other psychiatric training... essential for family physicians
- A very entertaining and engaging presenter
- Very important training for family medicine... should be offered to all.
- Tips to try every day in your office
- Essential for our sanity and our patients
- Really important training!
- Loved Greg's energy and approach!
- MUCH BETTER and definitely more useful than all other psychiatric training
- Eye-opening in terms of how to help my own burnout but also help patients
- The tools are excellent and helping improve efficiency
- Very important for both medical and mental health outcomes

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Much more practical than other psychiatric training... It is essential and should be given to all family medicine residents.

— François Lehmann, MD, FCFP, Chairman
Department of Family Medicine
Université de Montréal