

20<sup>th</sup> Euro Congress on

# PSYCHIATRISTS AND PSYCHOLOGISTS

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## **Harnessing power of transference and countertransference in CBT**

Cognitive Behavior therapy (CBT) is an evidence-based therapy used to effectively treat a number of mental health disorders. Traditionally, CBT has been thought of as a treatment modality that is technique-based and not as concerned with the therapeutic relationship as other forms of psychotherapy. Basic CBT model will be reviewed. Participants will learn how transference and countertransference can be understood through a CBT lens. Case examples will be used to illustrate how cognitive and behavioral techniques could be effectively used to recognize and manage countertransference. Participants will be able to reflect on the use of these techniques in their own practice regardless of their preferred psychotherapeutic modality.

## **Biography**

Diana Kljenak is an Assistant Professor and a Cognitive-Behavior Therapy (CBT) Lead for the University of Toronto, Department of Psychiatry. Her academic and clinical work has focused on psychotherapy, continuous professional and practice development (CPPD) and collaborative mental health care. She is a CBT Seminar Co-lead at University of Toronto, Department of Psychiatry and a Psychotherapy Coordinator at the UHN Centre for Mental Health. She was awarded a Full Tuition Scholarship for the 2013 Teaching and Supervising CBT Workshop for Graduate Faculty, Beck Institute for Cognitive Behavior Therapy and 2017 Psychotherapy Award for Academic Excellence at University of Toronto, Department of Psychiatry. Her CPPD activities include directing Bi-Annual UHN, Department of Psychiatry-Community Education Day, which is now in its 6th year as well as co-chairing inaugural CPPD Day. She is also the past President of the Ontario Psychiatric Association and a past Co-chair of the Ontario Coalition of Psychiatrists.

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