

RUIS McGill CBT Teaching and Research Program

Information for patients

What is the RUIS McGill CBT Teaching and Research Program?

The RUIS McGill CBT Teaching and Research Program is a centre of expertise in cognitive behavioural therapy (CBT), a form of psychotherapy effective in a wide range of mental disorders. The program was created by the department of psychiatry of McGill University, in response to the Quebec government's effort to create an integrated network of health care services, teaching and research (Réseau Universitaire Intégré de Santé or "RUIS" for short) throughout Quebec. The CBT program is one of several that the McGill Faculty of Medicine has created in order to improve access to health care and specialized services for individuals within its territory.

What are the goals of this Program?

The goals of the RUIS McGill CBT Teaching and Research Program are:

- ⇒ To increase access to quality CBT throughout the territory of Quebec served by the McGill RUIS
- ⇒ To train mental health professionals in the community and hospital system to administer and teach CBT for adults and children.
- ⇒ To foster research on CBT .

Where is this Program?

The Program is administered out of the McGill University Health Centre (MUHC), which is the centralized referral centre for clinical services, training opportunities and research. Depending on therapist availability, clinical services, training of health professionals and research projects may occur at any McGill teaching hospital, such as the Douglas Institute (DI), Jewish General Hospital (JGH), the Montreal Children's Hospital (MCH), Saint-Mary's Hospital (SMH) or the CSSS Ouest-de-l'Île (Lakeshore General Hospital or LGH).

What is CBT?

CBT is one of the most effective, evidence-based psychological interventions in the treatment of mental disorders. As a stand-alone treatment, it is as good as or better than medication for the treatment of anxiety disorders and depression. As part of a multimodal approach, it can improve outcomes in the treatment of major mental disorders such as schizophrenia and bipolar disorder. CBT is time-limited, and problem focused, with high rates of patient satisfaction. The basic CBT model involves exploring the link between thoughts, feelings and actions in specific situations where difficulties arise. Sessions are usually weekly, and involve "homework" or practice exercises between sessions.

How do I get CBT treatment in this Program?

All patients should have their medical doctor or psychiatrist fill out a referral form to be sent to the MUHC Central Site. This is to ensure that CBT can be helpful for your problem. This form can be obtained by email, fax or regular mail from the Program Coordinator. (See contact info below).

Eligible patients include those with anxiety, mood, psychotic or other disorders who are interested in psychological treatment for their problems. Since the RUIS McGill CBT Teaching and Research Unit offers only time-limited CBT (usually 10-20 sessions), all patients should have a general practitioner or psychiatrist who will resume their general care after therapy is over. Those with disorders like schizophrenia or bipolar disorder should already have a treating psychiatrist, physician, team or case manager in place to manage their medications and other aspects of their treatment. The costs of the therapy sessions are covered by Medicare.

What happens after my referral form is sent in?

Within 3 weeks of sending your form in, you will be telephoned by our coordinator, who will ask you a few questions about the problem for which you want CBT, and tell you what to expect. After a delay, which varies depending on our demand, (often about 4-6 months), you will be given an appointment for a specialized cognitive behavioural assessment. In this 2-hour period, you will be asked to complete some questionnaires about your specific difficulties, as well as questionnaires about general symptoms. You will then undergo an interview with a mental health professional about your difficulties, in which you will be given a taste of what CBT is all about. You will be asked to give a specific example of your problem, and will be asked what your thoughts, feelings and actions were in that particular situation. By the end of the assessment, you will be given treatment recommendations for your problem. If CBT is recommended, you can decide if you wish to proceed with this approach.

Most assessments will occur at the MUHC CBT Unit but can also be at another teaching hospital, depending on the availability of therapists.

Your therapist will be a RUIS McGill psychiatrist, psychologist, or other qualified mental health professionals, or training therapist learning CBT under their supervision. Therapies with training therapists are videotaped for supervision and quality assurance purposes. (These tapes are erased after each session.) The length of therapy will be decided in collaboration with your therapist. At the end of therapy, you will be asked for your feedback and to fill out the same questionnaires again to indicate your progress, and you will have access to these results for your own learning.

Information for therapists

I am a mental health professional: How do I get training in CBT?

Three levels of training are offered to mental health professionals of all disciplines (nursing, occupational therapy, social work, psychology, psychiatry, psycho-educators).

- LEVEL 1 (Introductory – CBT-informed practice): for trainees interested in learning how to intervene in usual patient care using a CBT framework. This might include psychiatric nurses on a hospital ward, or case managers of individuals with schizophrenia.
- LEVEL 2 (CBT Competence): for trainees who wish to attain competency delivering courses of CBT with different diagnoses in different settings. These individuals may want to become certified cognitive therapists (Academy of Cognitive Therapy).
- LEVEL 3 (CBT Expertise): for trainees interested in attaining a higher level of expertise in order to supervise and teach CBT in their settings. Interested trainees should pursue CBT accreditation with ACT.

The teaching offered has the following components,

1. A 15-week didactic seminar series (Introduction, Adult & Child Stream). This course, offered twice a year, focuses on basic skills acquisition for most mental disorders, and provides reading material, and in-session practice with on-the-spot supervision. The series is given at the MUHC, and teleconferenced simultaneously to other McGill teaching hospitals such as the DI, and JGH, and in the CSSS such as the CSSS Ouest-de-l'Île (Lakeshore General Hospital) where members from the hospital, McGill or the community can participate. At distant sites, there is a CBT expert sitting in to facilitate the in-seminar exercises.
2. Clinical supervision is offered at all RUIS sites, individually or in groups. The intensity, number of cases and hours of supervision depends on the level of training requested. Supervision can vary from group case discussion using a CBT format to individual supervision using videotaping of all therapy sessions. Therapy sessions will be evaluated for competency using the Cognitive Therapy Rating Scale
3. Weekly assessment clinics assess suitability for short-term CBT at certain RUIS sites (currently at the MUHC, MCH, JGH). Participants develop skills in cognitive behavioural assessment, elaborating a case formulation, and assessing an individual's suitability for CBT.
4. Monthly peer supervision/ case discussions for CBT practitioners at all levels of expertise.
5. Workshops by RUIS CBT Trainers are held, both at McGill and in the community at the request of interested organizations.
6. Conferences with invited experts in CBT are held on an annual basis.

What kind of recognition will I get for my training?

All CBT didactic and supervision hours are accredited for formal study credits by the McGill Centre for Continuing Health Professional Education. Physicians are eligible for RCPC: MOC Section 1 credits. Individualized training programs can be planned to fulfill requirements for Accreditation by ACT.

Formal McGill programs of study include:

- ⇒ Psychiatry Residency opportunities – rotations, special electives, combined elective (e.g. with Child CBT)
- ⇒ CBT postgraduate fellowships – clinical or research
- ⇒ Master's of Science in Psychiatry
- ⇒ Clinical preceptorships – training for graduated health professionals (6 months to 1 year)

Research possibilities

Are there any research projects I could participate in?

Current research activities include:

- ⇒ Suitability for short-term cognitive therapy (Gail Myhr, MUHC & JGH)
- ⇒ 'Intervention cognitive-comportementale de groupe manualisée pour le traitement de l'anxiété sociale chez les personnes schizoéphrènes » (Martin Lepage, DI)
- ⇒ 'Manualized group cognitive-behavioral intervention for social anxiety in schizophrenia' (Martin Lepage, DI)
- ⇒ The Impact of a CBT Training Program for Mental Health Professionals (Chandra Magill, MCH)
- ⇒ Coping capacity and outcome in CBT for Depression.

How do I get more information?

New patient referrals, teaching and research inquiries should be addressed to:

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c/o Marie Josée Lalonde, Administrative Coordinator
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MEMBERS :

Program Director: Dr. Gail Myhr, MUHC
Director, Research Program: Dr. Martin Lepage
Research Coordinator: Ms Rosanne V. Krajdjen

McGill Hospital Representatives:

MUHC: Dr. Gail Myhr, Dr. Marie Saint-Laurent
DI : Mr. Michael Coward
JGH: Dr. Florianna Ianni
Lakeshore General Hospital: Dr. Daniel Kunin