

CBT South Pacific

The ultimate "bucket list" trip

Earn 50.0 Mainpro+ credits from the sunny winners of the National CME Program Award of the College of Family Physicians of Canada—and experience the exotic and seductive islands of the South Pacific.



Iconic Mount Otemanu and the famous over-water bungalows of Bora Bora

April 13-27, 2019

50.0 Mainpro+ credits

Tuition \$1,295 CDN (tax-free)

Register now



This CME respects your time. This workshop is certified at the highest level (three-credits-per-hour) by the College of Family Physicians of Canada. Our 3:1 CME saves you an extraordinary amount of time & money over 1:1 CME. Just have a look at the five-year benefit calculations.

Vacation CME has many advantages over local CME. See what your colleagues are saying, and explore the case for it being four-credit-per-hour CME.

4:1?

CBT Canada is pleased to offer a CME cruise from April 13-27, 2019 (14 nights) aboard the spectacular m/s Paul Gauguin, from the Travel+Leisure #1 Mid-Sized Cruise Ship in the World for 2016.



The CME is the acclaimed "triple strength" CBT for Anxiety module, accredited by the College of Family Physicians of Canada (you'll earn 50.0 Mainpro+ credits in 16.7 workshop hours). Join us exploring the South Pacific and you'll gain a marvellous set of ultra-brief techniques to help patients overcome

shyness, worry, panic & other common anxiety disorders.

Head instructor Greg Dubord, MD is nice & limber from giving over 400 CBT workshops, and a University of Toronto CME Teacher of the Year. Assistant faculty includes uOttawa child psychiatrist Helen Spenser, MSW, MD, CCFP, FRCPC, a specialist in CBT for pediatric anxiety.

Please join us for a "bucket list" trip in the romantic South Pacific. You'll be completely enchanted as we explore exotic French Polynesia, including the Society Islands (Tahiti, Mo'orea, Bora Bora, historic Huahine, and ultra-exclusive Taha'a), the Tuamotu atoll chain (UNESCO World Biosphere Site of Fakarava), and the wild Marquesas (Fatu Hiva, Hiva Oa, Tahuata, and Nuku Hiva). But be smart & pack some extra shorts & tank-tops, because you may never, ever want to return home!



Oceanview staterooms start at \$13,062 USD which includes:

- all taxes
- all gratuities
- truly gourmet meals
- return airfare from Los Angeles
- all beverages (including wine & spirits)
- companion flies (return from LA) & cruises **FREE**

When you consider all that's included on one of the world's top cruise ships while sailing around almost everyone's concept of paradise, a daily rate of \$500 CDN per person is rather reasonable.

Book your vacation CME package with Arlene at (877) 466-8228 x 333 or email her at vacation@cbt.ca. This is an exclusive small ship, and *space is limited*.



Traveling solo? If the cruise line's "single supplement" is deterring you, Arlene may be able to help. Call (877) 466-8228 x 333 or email vacation@cbt.ca for details.

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Paul Gauvin
CRUISES



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Day	Date	Location	Arrive	Depart
1	Apr 13	Papeete, Tahiti, <i>Society Islands</i>		11:55PM
2	Apr 14	CME day at sea (4hrs)		
3	Apr 15	Fakarava, <i>Tuamotus</i>	8:00AM	5:00PM
4	Apr 16	CME day at sea (4hrs)		

5	Apr 17	Omoa, Fatu Hiva, <i>Marquesas</i>	8:00AM	6:00PM
6	Apr 18	Atuona, Hiva Oa, <i>Marquesas</i>	8:00AM	6:00PM
7	Apr 19	Hapatoni, Tahuata, <i>Marquesas</i>	8:00AM	6:00PM
8	Apr 20	Taiohae, Nuku Hiva, <i>Marquesas</i>	8:00AM	6:00PM
9	Apr 21	CME day at sea (4hrs)		
10	Apr 22	CME day at sea (4hrs)		
11	Apr 23	Huahine, <i>Society Islands</i>	8:00AM	5:00PM
12	Apr 24	Bora Bora, <i>Society Islands</i>	8:00AM	11:00PM
13	Apr 25	Taha'a, <i>Society Islands</i>	9:00AM	5:00PM
14	Apr 26	Moorea, <i>Society Islands</i>	8:00AM	5:00PM
14	Apr 26	Papeete, Tahiti, <i>Society Islands</i>	7:30PM	
15	Apr 27	Papeete, Tahiti, <i>Society Islands</i>		

NOTE: This is *the* primo French Polynesian itinerary, which the m/s Paul Gauguin only does a couple of times a year. All other French Polynesian cruises suffer from significant omissions & compromises. If you're going to explore the area, we believe you should do it right!

[Explore further details about our itinerary in paradise](#)



The m/s Paul Gauguin



The m/s Paul Gauguin is an intimate 322-guest ship designed specifically to sail the shallow seas of the South Pacific. She visits small ports that larger ships can't reach, effortlessly blending into the stunning natural surroundings. The crew-to-guest ratio is one of the highest in the world, at 1:1.5. She thus offers an extension of the informal, relaxing environment of the islands, coupled with five-star service, comfort, and luxury.

Spacious suites and staterooms (more than 70% with private balconies), an onboard watersports marina, a choice of three open-seating dining venues, and an extensive spa are among her luxurious attributes. And the beloved troupe of Gauguines—local Polynesians who serve as cruise staff, entertainers, and storytellers—add the unique personality of Polynesia to every sailing. Features:

- licensed medical services
- fully equipped fitness center
- book and DVD library (24-hour)
- fresh tropical fruits (replenished daily)
- complimentary room service (24-hour)
- PADI certificate and dive program (optional)

- presentations by local naturalists (and special guests)
- shipboard gratuities for room stewards and dining staff
- luxury European linens, robes, and feather-down duvets
- photo shop (including professional photography services)
- boutique with Tahitian black pearls and other duty-free gifts
- full entertainment program, highlighting local Polynesian artists
- free bottled water, sodas, hot beverages, beer, wine, and spirits
- WiFi hot spots in all staterooms and common areas (nominal fee)
- personal fridge replenished daily with water, soft drinks, and beer
- super-nifty retractable watersports marina, with complimentary kayaks, windsurfers, paddleboards, and Zodiacs (for optional snorkel & dive excursions)



Paul Gauguin was rated 2016's #1 Mid-Sized Cruise Ship in the World by the influential Travel+Leisure. *Paul Gauguin Cruises* bested competitors Seabourn, Windstar, Regent Seven Seas and Silversea.

Unfortunately, some doctors share traits with mere mortals, including the tendency to procrastinate. Regrettably, even the most strident cries of "Do you know who I am?" cannot secure the Chief of Staff (or any other Minor Deity) a good cabin and the best flights when the snowplows are already out. You owe it to yourself and your family to book early. How early? Those who've learned their lessons and take vacations seriously snap up the prime options a year or more in advance. That's just how it is. Book today.

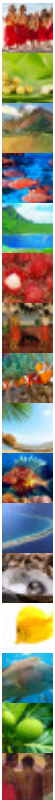


Bucketlistosis (*noun*): Angst (up to & including existential) precipitated by the knowledge that one is aging without having visited a high percentage of desired locales. **Treatment:** One CBT Canada workshop annually.

PHOTOS [Activities](#) | [Culture](#) | [Dining](#) | [Lifestyle](#) | [Ship](#) | [Staff](#)

Oceanviews from \$13,062 USD *tax incl*

Call Arlene at (877) 466-8228 x 333 or email her at vacation@cbt.ca





CBT Canada Refund Policy

You may transfer 100% of your tuition to another workshop (free)
or receive a full refund (minus a \$100 processing fee)