

CBT Tokyo



Earn 9.0 Mainpro+ credits from the euthymogenic winners of the CFPC's [National CPD Program Award](#) and explore the largest (and arguably most fascinating) metropolis on earth: the "Alpha+" city of Tokyo.



Vibrant Tokyo

October 7, 2018

9.0 Mainpro+ credits

Tuition \$495 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 incredible amount of time (and therefore 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 Tokyo will be held on Sunday, October 7, 2018 at the [Sheraton Miyako Hotel Tokyo](#). The workshop, entitled *Ten-Minute CBT*, runs from 8:45AM to 12:00PM. A Tokyo orientation and slideshow immediately follows the workshop. Bilingual (Japanese-Canadian) CBT Canada staff who have lived in the Ginza District will be in attendance. You're free thereafter to join your travelling companions in exploring one of the world's most fascinating & enriching cities.

The CME

Medical CBT is specifically designed for the ultra-brief appointments typical of primary care. In this workshop you'll learn the essentials of a skill that may fundamentally change how you cope with the all-important psychological side of medicine.

You'll learn flexible *Ten-Minute CBT* tools to integrate into your existing approaches to major depression, persistent depression ("dysthymia" until DSM-5), chronic worry,

chronic pain, panic disorder, non-compliance, substance abuse, illness anxiety, borderline personality disorder, suicidality, and more.

Lead faculty Greg Dubord, MD has given over 400 CBT workshops, and is a University of Toronto *CME Teacher of the Year*.

Learning objectives

1. *Learn to break patients away from their "empathy addictions"*
2. *Learn to structure ten-minute appointments to maximize impact*
3. *Learn the vital importance of not working harder than most patients*



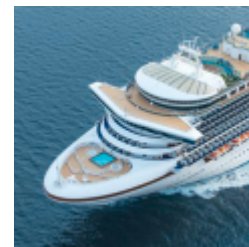
University of Toronto

[May 2017 workshop evaluations.pdf](#)

Adobe Acrobat document [1.7 MB]

The cruise option

Many physicians are taking only this *Ten-Minute CBT* workshop. However, since you're "in the neighbourhood", why not join us for our [Japanese CME cruise](#) that follows? The CME cruise is from October 7-16, 2018 and consists of the award-winning [CBT Tools](#) module. Join us and you'll learn a multitude of ultra-brief CBT techniques to make your work [much easier](#) with both medical *and* psychiatric patients ([cases](#)).



Diamond Princess

Sheraton Miyako

When you travel a lot, hotels begin to blur. Not so with the [Sheraton Miyako](#) Hotel in Tokyo. The Miyako is one of our stand-out favorite hotels anywhere. It integrates familiar Sheraton elements with the sublime Japanese design esthetic, providing the healing environment the jetlagged traveler needs. The focal point is a 100 foot by 25 foot glass window overlooking a Zen Garden.

Located just up the road, [Happo-En](#) ("*garden of eight views*") is one of Tokyo's most acclaimed zen gardens. Built in the early 17th century, it centers around a large koi pond with waterfalls & streams & sculptures. The exquisite bonsai collection consists of dozens of wizened characters (some planted well before the time of Columbus) that have been lovingly tended to by generations of monastic gardeners. In addition to a Japanese restaurant (*Enju*), café (*Thrush*) and traditional tea house (*Muan*), there are options for zen meditations led by a Buddhist



Sheraton

To book your room at the *Sheraton Miyako Hotel Tokyo* email Arlene at vacation@cbt.ca or call her at 877.466.8228 x 333. Reserve soon to prevent weeping and/or gnashing of teeth!

Seeing is believing? Click [here](#) for a collection of Dr. Greg Dubord's personal photos of the Happo-En Zen Gardens, as well as photos of the Sheraton Miyako Tokyo Hotel.



Tokyo

50 Things To Do

1. Stroll the [Imperial Palace](#) grounds
2. Experience a Japanese [tea ceremony](#)
3. Explore the [Asakusa Buddhist Temple](#) (ca. 645 AD)
4. Join the action at the [Sumo Stadium](#)
5. Taste the crispness of fresh [draft sake](#)
6. Experience the extraordinary [Shibuya Scramble Intersection](#)
7. Explore the 175 beautiful acres of the [Meiji Shrine](#)
8. Be charmed at Miyazaki's [Ghibli Museum](#)
9. Explore the [Tsukiji Fish Market](#), the world's largest
10. Have a drink at the [Park Hyatt](#), featured in [Lost in Translation](#)
11. Catch the view from the 333m [Tokyo Tower](#)
12. Tour [2020 Summer Olympics](#) sites
13. Make friends with those famous [Japanese toilets](#)
14. Explore the [Akihabara](#), the world's top electronics district
15. Hop on the famous [shinkansen](#) (bullet train)
16. Enjoy one of Tokyo's 304 (!) [Michelin-starred restaurants](#)
17. Experience the [Tokyo Metro](#), arguably the world's finest
18. Treat the kids to ultra-clean [Tokyo Disneyland](#)
19. Hike around the iconic [Mount Fuji](#)
20. Tour the [Tokyo National Museum](#)
21. Enjoy a meal at a high-tech [kaiten-zushi](#) restaurant
22. Visit a traditional [sword shop](#)
23. See Tokyo from above from the iconic [Tochō](#) (free!)
24. Explore the massive [National Art Center](#)
25. Stroll the top-rated [Shinjuku National Garden](#)
26. Soak away your worries in a traditional [onsen](#)
27. Explore the upscale [Ginza District](#)
28. See the extreme fashions of the [Harajuku Girls](#)
29. Check out the interactive [Miraikan](#) technology museum
30. Stroll Tokyo University's [Koishikawa Botanical Garden](#)
31. Be awed by the sublime [Nezu Museum](#)
32. Walk inside the [Kamakura Great Daibutsu](#) (Buddha)
33. Visit the [Yasukuni Shrine](#) and War Museum
34. Explore [DisneySea](#), the world's third most popular theme park
35. Enjoy the best [Japanese food](#) on the planet
36. Rocket to the top of the [Tokyo Skytree](#), the world's tallest tower
37. Learn more about [Shinto](#), Japan's native religion
38. Overwhelm your senses at the [Robot Restaurant](#)
39. Hike the beautiful [Fuji Five Lakes](#) region
40. Visit the Japanese emperor's palace ([Edo Castle](#))

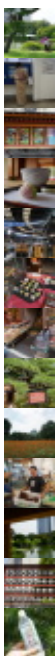
41. Play in Tokyo's new [Odaiba](#) entertainment district
42. Browse [Mandarake](#), a massive manga & anime shop
43. Enjoy the world's [steepest roller coaster](#)
44. Shop along Tokyo's tip-top [Omotesandō Avenue](#)
45. Explore the captivating [Edo-Tokyo Museum](#)
46. Be awed by the Matsuya & Mitsukoshi [department stores](#)
47. Suit-up at the new [Samurai Museum](#)
48. Take a sightseeing tour of Tokyo's [Sumida River](#)
49. Explore the huge grounds of [Ueno Park](#)
50. Catch a performance at the [Ginza Kabuki Theatre](#)
51. Explore the [Tokyo Sea Life Park](#)
52. Wander around the Tokugawa shogunate's [Hamarikyu Gardens](#)
53. Check out Harajuku's new [Kawaii Monster Cafe](#)

Japan's affordability is a wonderful surprise for many first-time visitors. In the heady 70s, a yen was worth about 3¢, but today it's worth only about a penny. That makes converting from yen to dollars easy: just lop off two zeros. Is 100 yen for 2 pieces of sushi expensive? Not when you realize it's just a loonie! Want something fancier, like a Michelin-starred meal? For 1,200 yen (\$12 CDN) you can enjoy a bowl of ramen at Tokyo's [Tsuta](#), the cheapest Michelin-starred restaurant in the world.



Japan's cuisine is unsurpassed. The cities with the greatest number of Michelin-starred restaurants are Tokyo (304), Kyoto (135), Paris (134), Osaka (117), and then proud NYC (99). Even a Japanese city you may never have heard of (Nara) ties with Rome (both 21). What you want is a [kaiseki](#) (multi-course) dinner. Sushi is a snack.

According to the 2015 [Safe Cities Index](#), put together by the [Economist's Intelligence Unit](#) (EIU), Tokyo is the world's safest city. Tokyo scored highly across all four categories of personal safety, infrastructure safety, health security, and "digital security".





**To book a package
(CME ± air ± hotel ± cruise)
email Arlene at vacation@cbt.ca
or call her at 877.466.8228 x 333**

Should you wish to register for the CME only, please click [here](#)

Register now

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)