



# Dr. Heather Fulton

Registered Psychologist (#2075)

Speaker on Cognitive Behavioral Therapy and Evidence-Based Substance Use and Mental Health

## What do I offer?

I have presented lectures and workshops on Cognitive Behavioral Therapy and issues relating to substance use treatment to diverse groups of participants ranging from teachers, nurses, psychiatrists, psychologists, students, support workers and others. I tailor each workshop to uniquely address your organization's needs and provide practical ideas to address the distinctive challenges in your work environment. Contact me and I can tell you about different options for how I can best meet your training and education needs.

## Topics your organization may be interested in:

- Cognitive Behavior Therapy (CBT) for Substance Use
- Evidence-Based Psychosocial Treatments for Addictions
- The Functional Analysis- An Essential Tool in your Addiction Treatment Toolbox
- Motivational Interviewing – A Practical Introduction
- Psychological Coping in Challenging Work Environments

## What do learners say?

In recent trainings:

- 90%+ report the training helped them do their job better

Anonymous comments include:

- *“Excellent webinar”*
- *“Calm, sensible approach to a difficult topic”*
- *“Amazing presentation, kept attention the entire time which is hard for a webinar”*

## Get More Information:

Review my website

[www.drheatherfulton.com](http://www.drheatherfulton.com) for Upcoming Workshops and Speaking Events to see what is coming up, or review Past Events to see what I have done before. I can email you video links from recent speaking events. I can also provide you with references from participants or people who have asked me to present