

IN A DEMANDING PROFESSION, YOUR WELL-BEING MATTERS.

CBTm is a Manitoba-made program that offers evidence-based strategies and tools to help orthopedic surgeons and residents better cope with stress and support your overall well-being.

Cognitive Behaviour Therapy with Mindfulness
for Physicians and Medical Learners



CLASS FORMAT

- **Self-directed online course:** Five 90-minute modules that you can complete at your own pace.

**Staff earn
7.5 hours of
CPD credits**

WHAT YOU'LL GAIN:

- Skills to recognize and shift unhelpful thinking patterns that contribute to stress in fast-paced surgical work
- Strategies for managing high workloads, surgical decision pressure, long hours, and fatigue
- Mindfulness and CBT techniques to stay grounded during challenging cases, unexpected complications, or demanding call schedules
- Practical tools to navigate difficult interpersonal or team situations in the OR, clinic, or inpatient unit.
- Enhanced ability to use CBT-informed approaches in patient communication, especially around pain, recovery expectations, and adherence



Scan the QR code or go to
www.cbtm.ca to register or
to learn more.