



Cognitive Behavior Therapy Institute
Registered Psychologists and Clinical Associates

When Behaviour Meets Biology:
Managing Addictive-Like Behaviour to Promote Health and Wellness
Half-Day Workshop with Dr. Michael Vallis

Tuesday, March 11, 2025
9 am to 1 pm

This workshop is designed to aid mental health clinicians in promoting health behaviour change by integrating the understanding of the neurobiology of behaviour with effective behaviour change strategies.

Learning Objectives:

1. To become familiar with a comprehensive model of behaviour change counselling based on establishing change-based relationships, assessing/promoting readiness to change, accessing multicomponent behaviour change interventions and addressing psychosocial barriers to change within scope of practice.
2. To learn about the neurobiology of behaviour, specifically the brain regions responsible for automatic behaviour and for logical behaviour.
3. To become familiar with strategies to increase capacity for sustained health behaviour within an environment that makes change hard.

CBTI is happy to provide this 4-hour continuing education opportunity to the mental health care community in Manitoba at a reduced cost of \$80.00. In support of truth and reconciliation efforts, all proceeds from this event will be donated to National Indigenous Diabetes Association.

A Certificate of Attendance will be provided and you will receive 4 CE credits for the workshop (or for the amount of time you participate).

[Click here to register](#)



Michael Piccinini Vallis, Ph.D.,
R. Psych.

Dr. Vallis is a health psychologist based in Halifax, Canada. He is an Associate Professor in Family Medicine at Dalhousie University. He obtained his Ph.D. and M.A from the University of Western Ontario, London, and his B. Sc. From Dalhousie University. His main area of expertise is adult health psychology, with an emphasis on obesity, diabetes, cardiovascular risk and gastroenterology. He spends most of his time training healthcare providers in behaviour change for chronic disease management. He regularly supervises clinical and academic students and is active in research on motivation, behavioural change and adaptation to chronic disease. He consults nationally as well as internationally and is heavily involved in academic publications, journal editing, and clinical practice guidelines. He was on the executive of the Canadian Clinical Practice Guidelines for the Management of Obesity (2020) and lead author of the Psychological and Behavioural Chapter for these new guidelines as well as the 2006 guidelines. As well, he is an author of the Psychology and Mental Health chapter of Diabetes Canada's Clinical Practice Guidelines (2023, 2018, 2013, 2004). He received the 2024 Distinguished Service Award from the Canadian Association of Bariatric Physicians and Surgeons, the 2021 Charles H Best award from Diabetes Canada and holds a Queen's Diamond Jubilee Medal by the Government of Canada on the recommendation of Diabetes Canada.