



ACTION-BASED COGNITIVE REMEDIATION (ABCR) **FOR PSYCHOSIS**

Why become an ABCR certified therapist?

ABCR is an evidence-based method for helping clients turn cognitive improvements into meaningful daily progress.



ABCR is a **reliable program** that boosts engagement, supports **goal setting**, and strengthens clients' **cognitive outcomes**.



The **structured sessions** reduce common barriers like avoidance, low confidence, and trouble using cognitive skills in real life.




Clients gain **better attention, memory, problem-solving and social abilities**, along with a clearer sense of what they can achieve.



This training allows OPA members to earn **12 CECs** toward their continuing education requirements.

Your path to become a certified ABCR therapist



ABCR ONLINE TRAINING

This self-paced, multi-module program offers essential insights into the background, theory, and evidence supporting the ABCR intervention, along with clear, step-by-step guidance for effective implementation.

Online training certificate + CECs

Upon online training completion, you receive the online training certificate and can apply for 12 OPA Continuing Education Credits.



SUPERVISED IMPLEMENTATION*

Under the expert guidance of our team, you will receive specialized support to help you prepare for and successfully implement your first ABCR group.

*To qualify for the therapist certification, you must complete a minimum of six supervision sessions.**

1



BOOK A MEETING

Not sure if ABCR is a good fit for your clients or your budget?

Book a short meeting with us to understand the intervention requirements, or to have a quote adapted to your setting.

2

Getting Ready to Launch an ABCR Group

ABCR can be offered either in-person or online. Prior to launching your first group, you will need to:

- Obtain a **HappyNeuron Pro software** license
- Organize the materials and setup for either in-person or remote delivery
- Recruit participants

Feeling overwhelmed? Don't worry, our team is here to assist you!

3

4



THERAPIST CERTIFICATION

Successfully completing **both the online training and supervision sessions** will qualify you as a certified ABCR therapist.

WHAT'S INCLUDED IN THE ABCR TRAINING PACKAGE?



A. ONLINE TRAINING ACCESS

1 ACCESS TO THE TRAINING PORTAL AND THREE EXCLUSIVE ONLINE TRAINING MODULES:

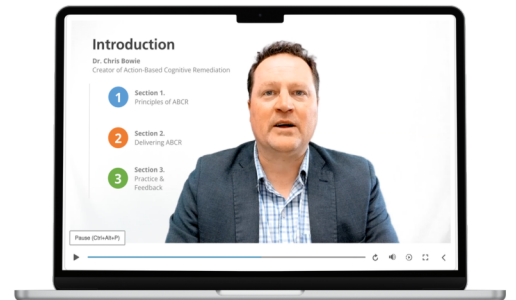
MODULE 1. COGNITIVE HEALTH (2H)



MODULE 2. DIGITAL MENTAL HEALTH TECHNOLOGIES (2H)



MODULE 3. ABCR TRAINING (8H)



Each module contains: instructor videos, interactive practice activities, and supporting resources

2 ALL DIGITAL MATERIALS YOU NEED TO FACILITATE INTERVENTION GROUPS*



EXPERT-MONITORED
DISCUSSION FORUM



MATERIAL
UPDATES



ONGOING USER
SUPPORT

*The training package does not include daily items for real-life simulations or access to the HappyNeuron platform, which is recommended for computerized cognitive training. Assistance with those steps is included in the supervision plan.

3 EXPERT SUPPORT AND TECHNOLOGICAL TROUBLESHOOTING

UPDATED THERAPIST
MANUALS FOR IN-
PERSON
AND REMOTE
DELIVERY



INTERVENTION
SLIDES WITH
THERAPIST
NOTES



PARTICIPANT
HANDOUTS



B. CLINICAL SUPERVISION

6 SUPERVISION SESSIONS*



EXPERIENCED
ABCR THERAPIST



ADAPTED TO
YOUR TEAM'S NEEDS



Essential for the effective implementation of the ABCR intervention in clinical environments. Seasoned therapists will guide you in establishing and administering the intervention for your initial cohort.

*EST time, dates & time subject to our supervisor's availabilities,

Training Costs (2026)

💰 **\$1500 CAD - ABCR online training + Supervision Package** (6 sessions, 1 free)

💰 **\$500 CAD - ABCR Online training only** (individual access)

💰 **\$200** for one **supervision session**

🔊 Group discounts available upon request

- Prices are subject to change and applicable taxes.

How to Get Started:

Let's talk!

Book a short, free meeting with a member of our team for group rates or help deciding if ABCR fits your setting

[Booking Link](#) 



[Explore the E-Cog
ABCR Certification
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