

THE INSTITUTE FOR BETTER HEALTH  
IN JOINT-SPONSORSHIP WITH THE BECK INSTITUTE

**COGNITIVE BEHAVIOR THERAPY WORKSHOP CORE 3**  
**CBT for Personality Disorders**

**April 8-10, 2019 \* Bala Cynwyd, PA \* 18 CE/CME**

The purpose of this program is to train mental health professionals to deliver effective cognitive therapy to clients with personality disorders.

Overall Objectives:

*At the end of the course, participants will be better able to:*

1. Develop a strong therapeutic alliance with Axis II clients.
2. Use a cognitive conceptualization to plan treatment.
3. Demonstrate how to set goals with unmotivated clients.
4. Modify session structure when clients are resistant.
5. Modify therapy-interfering beliefs.
6. Demonstrate how to deal effectively with self-harm.
7. Manage between-session crises.
8. Demonstrate how to calm angry clients.
9. Modify homework to increase adherence.
10. Modify core beliefs at the intellectual and emotional level.
11. Identify their own beliefs that interfere with the therapeutic relationship.

**Overview of Cognitive Behavior Therapy for Personality Disorders**

**Judith S. Beck, Ph.D.**

- 1.) To conceptualize clients with personality disorders
- 2.) To adapt cognitive behavior therapy for personality disorders.

**Cognitive Behavior Therapy for Personality Disorders**

**Judith S. Beck, Ph.D.**

- 1.) To prevent problems in the therapeutic relationship
- 2.) To effectively deal with ruptures in the therapeutic relationship
- 3.) To use the therapeutic relationship to achieve therapeutic goals
- 4.) To use advanced strategies for eliciting automatic thoughts and assumptions.
- 5.) To use strategies to modify rigid cognitions of clients with personality disorders
- 6.) To set goals with reluctant clients
- 7.) To structure sessions with clients who are sensitive to control.

**Modifying Core Beliefs**

**Robert Hindman, Ph.D.**

- 1.) To educate clients about core beliefs.
- 2.) To explain to clients why they believe their negative core beliefs so strongly.
- 3.) To modify core beliefs at the intellectual level
- 4.) To modify core beliefs at the emotional level
- 5.) To explain to clients how adverse early experiences contributed to the development and maintenance of core beliefs.
- 6.) To modify the meanings of early adverse experiences at the emotional and intellectual level.

**Advances in Cognitive Behavior Therapy**

**Aaron T. Beck, M.D.**

- 1.) To state clinical advances in cognitive behavior therapy.
- 2.) To list key points of intervention with clients with personality disorders.

**Cognitive Behavior Therapy for Borderline Personality Disorder**

**Amy Cunningham, Ph.D.**

- 1.) To establish a sound therapeutic alliance with clients with borderline personality disorder.
- 2.) To use specific treatment strategies for patients with borderline personality disorder.

**Case Discussions and Roleplays of Clients with Borderline Personality Disorders**

**Amy Cunningham, Ph.D.**

- 1.) To conceptualize and treat self-harm and other impulsive behaviors.
- 2.) To implement emotional exposure with borderline personality disorder patients

**References**

Beck, A. T., Freeman, A., & Davis, D. D. (Eds.). (2015). *Cognitive therapy of personality disorders*. Guilford Publications.

Cash, S. K., Hardy, G. E., Kellett, S., & Parry, G. (2014). Alliance ruptures and resolution during cognitive behaviour therapy with patients with borderline personality disorder. *Psychotherapy Research, 24*(2), 132-145.

Vita, A., Deste, G., Barlati, S., Poli, R., Cacciani, P., De Peri, L., & Sacchetti, E. (2016). Feasibility and effectiveness of cognitive remediation in the treatment of borderline personality disorder. *Neuropsychological rehabilitation, 1-13*.

## **CE/CME Information**

### **18 CE/CME**

The Institute Better Health (IBH), formerly IAHB, has been approved as a provider of continuing education and continuing medical education by the organizations listed below. IBH as the approved sponsor maintains responsibility for the educational activity offered and for following the standards and regulations for the organizations listed above (except where otherwise noted).

**COUNSELORS:** Institute for Better Health is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0063. Counselors may earn 18 contact hours. IBH is approved by the State of Illinois Department of Professional Regulation (License #168-000119). IBH has been approved by the Texas Board of Examiners of Marriage and Family Therapists to provide CE offerings for MFTs. Provider Number 154. The state of PA recognizes APA for counselor approval.

**NURSES:** The Institute for Better Health as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Provider approved by the CA Board of Registered Nursing (BRN Provider CEP#2672) for 18 CEH's.

**PHYSICIANS:** This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the Institute for Better Health (IBH) and the Beck Institute. IAHB is accredited by the ACCME to provide continuing medical education for physicians. IBH designates this live activity for a maximum of 18 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**PSYCHOLOGISTS:** Institute for Better Health is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. Institute for Better Health maintains responsibility for this program and its content.

**SOCIAL WORKERS:** Institute for Better Health (IBH) SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0091. This course is approved for 18.00 contact hours. IBH has been approved by the State of Texas Board of Social Work Examiners, MC 1982, PO BOX 149347, Austin, TX 78714 (512)719-3521, to provide continuing education activities for social workers. License No. 3876.

Institute for Better Health, #1426, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org), through the Approved Continuing Education (ACE) program. Institute for the Advancement of Human Behavior maintains responsibility for the program. ASWB Approval Period: 3/16/2017 – 3/16/2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 18 clinical continuing education clock hours.

**NOTE:** Many state boards accept offerings accredited by national or other state organizations. If your state is not listed, please check with your professional licensing board to determine whether the accreditations listed are accepted.

**(Last update: 6.18)**