

**THE INSTITUTE FOR THE ADVANCEMENT OF HUMAN BEHAVIOR
IN JOINT-SPONSORSHIP WITH THE BECK INSTITUTE**

COGNITIVE BEHAVIOR THERAPY FOR YOUTH WORKSHOP

MARCH 11-13, 2019 * Bala Cynwyd, PA * 18 CE/CME

The purpose of this program is to train mental health professionals to deliver effective cognitive behavior therapy to children and adolescents.

Overall Objectives:

At the end of the course, participants will better:

1. Describe cognitive theory, case conceptualization and CBT session structure.
2. Explore and practice cognitive and behavioral interventions for children and adolescents.
3. Discuss case conceptualization-driven interventions for children and adolescents.
4. Create full case conceptualizations and select appropriate interventions from those learned in the workshop.
5. Discuss content presented through a mix of didactic lecture, audio presentation of real cases, role play, group activities and practice activities.
6. Utilize knowledge and ability of CBT with children and adolescents
7. Construct a comfort level with cognitive and behavioral interventions for the types of youth seen at treatment setting.
8. Use cognitive case conceptualization to select and implement interventions tailored for individual children and adolescents.
9. Illustrate how to integrate CBT into treatment setting with children and adolescents.

Overview of Cognitive Model and Structure

Torrey Creed, Ph.D.

- 1.) To define the cognitive mode

The role of family in the development and maintenance of beliefs and behavior

Torrey Creed, Ph.D.

- 1.) To describe strategies to elicit and evaluate automatic thoughts.
- 2.) To describe strategies to modify core beliefs and assumptions

Case conceptualization of individuals and families

Torrey Creed, Ph.D.

- 1.) To describe the cognitive model and conceptualization techniques for challenging problems.
- 2.) To demonstrate specific treatment strategies from a cognitive behavior therapy perspective for challenging problems.

Cognitive models of anxiety and depression

Torrey Creed, Ph.D.

- 1.) To describe the case conceptualization diagram techniques.
- 2.) To demonstrate strategies for case formulation from a cognitive behavior therapy perspective.

Structuring sessions with children and adolescents

Torrey Creed, Ph.D.

- 1.) To identify strategies for structuring a CBT session with a child or adolescent.
- 2.) To demonstrate interventions for challenging problems which may arise in the treatment of children and adolescents.

Conceptualizing individual clients and planning treatment

Torrey Creed, Ph.D.

- 1.) To identify and conceptualize panic disorder from a cognitive behavior therapy perspective
- 2.) To demonstrate specific treatment strategies in the treatment of panic disorder.

Cognitive interventions and the 3 Cs

Torrey Creed, Ph.D.

- 1.) To identify and conceptualize OCD from a cognitive behavior therapy perspective
- 2.) To demonstrate specific treatment strategies in the treatment of OCD.

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 challenging patients.

Identifying thoughts and feelings with children and adolescents

Torrey Creed, Ph.D.

- 1.) To describe strategies to elicit and evaluate automatic thoughts.
- 2.) To describe strategies to modify core beliefs and assumptions

Conceptualization of a client with depression and implementing interventions

Torrey Creed, Ph.D.

- 1.) To identify and conceptualize depression from a cognitive behavior therapy perspective.
- 2.) To demonstrate specific treatment strategies in the treatment of children and adolescents with depression.

Conceptualization of a client with anxiety and implementing interventions

Torrey Creed, Ph.D.

- 1.) To identify and conceptualize anxiety from a cognitive behavior therapy perspective.
- 2.) To demonstrate specific treatment strategies in the treatment of children and adolescents with anxiety disorders.

Behavioral interventions

Torrey Creed, Ph.D.

- 1.) To demonstrate specific behavioral interventions in the treatment of children and adolescents.
- 2.) To identify problem solving, activity monitoring, activity scheduling, graded task assignment, and hierarchical exposures.

Recommended Readings:

Creed, T., Reisweber, J., & Beck, A.T. (2011). Cognitive therapy for adolescents in school settings. New York: Guildford Press.

Waltman, S.H., Hall, B., McFarr, L., Beck, A.T., & Creed, T.A. (2017). In-session stuck points and pitfalls of community clinicians learning CBT: A qualitative investigation. *Cognitive and Behavioral Practice*, 24, 256-267.. doi:10.1016/j.cbpra.2016.04.002

Beck, J. S. (2011). *Cognitive behavior therapy: Basics and beyond*. Guilford press.

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, 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.

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