

**THE INSTITUTE FOR BETTER HEALTH**  
**IN JOINT-SPONSORSHIP WITH THE BECK INSTITUTE**  
**CT-R FOR SERIOUS MENTAL HEALTH CONDITIONS**  
**APRIL 24-26, 2019 \* Bala Cynwyd, PA \* 18 CE/CME**

Overall Objectives:

*At the end of the course, participants will better:*

1. Identify the five basic principles of CT-R.
2. Explain how an evidence-based approach operationalizes recovery and resiliency.
3. Explain how an understanding of beliefs underlying complex real-world challenges guide efficacious and empowering interventions.
4. Discuss possible strengths of individuals with serious mental health conditions from the point of view of a cognitive therapist.
5. Explain the concept of the adaptive mode.
6. Explain how the meaning of aspirations is empowering.
7. Describe the difference between a step and an aspiration.
8. Identify at least one refocusing intervention for hallucinations.
9. Describe how to identify the underlying meaning of delusions.
10. Identify the key difference between the formulation of anger and self-injury.
11. Identify elements of successful programming that achieve treatment plan objectives for the greatest number of individuals.

**References:**

- Beck, A. T. & Grant, P. (2016). Transformation: Recovery Oriented Cognitive Therapy For Schizophrenia. National Alliance on Mental Illness (NAMI).
- Beck, A. T., Himelstein, R., Bredemeier, K., Silverstein, S. M., & Grant, P. (2018). What accounts for poor functioning in people with schizophrenia: a re-evaluation of the contributions of neurocognitive v. attitudinal and motivational factors. *Psychological Medicine*, 1-10. doi:10.1017/S0033291718000442
- Beck, A. T., Himelstein, R., & Grant, P. M. (2017). In and out of schizophrenia: Activation and deactivation of the negative and positive schemas. *Schizophrenia Research*. doi:10.1016/j.schres.2017.10.046
- Grant, P. M., Bredemeier, K., & Beck, A. T. (2017). Six-Month Follow-Up of Recovery-Oriented Cognitive Therapy for Low-Functioning Individuals With Schizophrenia. *Psychiatric Services*, 68(10), [997-1002](#). doi:10.1176/appi.ps.201600413
- Grant, P. M., Perivoliotis, D., Luther, L., Bredemeier, K., & Beck, A. T. (2018). Rapid improvement in beliefs, mood, and performance following an experimental success experience in an analogue test of recovery-oriented cognitive therapy. *Psychological Medicine*, 48(2), 261-268. doi:10.1017/S003329171700160X
- Inverso, E. & Grant, P. M. (2017). Outreach and Engagement for Early Psychosis. National Alliance on Mental Illness (NAMI).
- Thomas, E. C., Murakami-Brundage, J., Bertolami, N., Beck, A. T., & Grant, P. M. (2018). Beck Self-Esteem Scale-Short Form: Development and psychometric evaluation of a scale for the assessment of self-concept in schizophrenia. *Psychiatry research*, 263, 173-180.

## **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. IBH 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: 10.18)**