

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

**COGNITIVE BEHAVIOR THERAPY FOR CHRONIC MEDICAL CONDITIONS  
AUGUST 19-21, 2019 \* Bala Cynwyd, PA \* 18 CE/CME**

The purpose of this program is to train mental health professionals to treat clients in a medical setting.

Overall Objectives:

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

1. Explain relevance of CBT model with medical conditions.
2. Apply CBT interventions for patients in medical settings.
3. Describe interactivity between comorbidity of medical and psychological conditions.
4. Use techniques to develop the therapeutic relationship.
5. Demonstrate motivational techniques with patients.
6. Demonstrate goal setting to improve medical and psychological health.
7. Develop appropriate treatment plans for a variety of medical conditions.
8. Integrate relaxation and mindfulness techniques into treatment for medical conditions.
9. Formulate case conceptualizations using the CBT model.
10. Demonstrate cognitive restructuring techniques for catastrophic thinking.
11. Evaluate and develop alternative core beliefs.
12. Develop action plans to encourage engagement in treatment.
13. Give examples of healthy lifestyles choices regarding eating, sleeping, and exercise.

***Describe the fundamentals of CBT for chronic medical conditions***

***Allen Miller, PhD***

***Define Stages of Change***

***Allen Miller, PhD***

***Apply CBT to Stages of Change to promote positive health behaviors***

***Allen Miller, PhD***

***Utilize CBT interventions for Diabetes***

***Allen Miller, PhD***

***Utilize CBT interventions for Obesity***

***Allen Miller, PhD***

***Utilize CBT interventions for Chronic Pain***

***Allen Miller, PhD***

**References:**

Ehde, D. M., Dillworth, T. M., & Turner, J.A. (2014). Cognitive-Behavioral therapy for individuals with chronic

pain, *American Psychologist*, February-March, 153-166.

Steinberg, M. P., Miller, W. R. (2015). *Motivational Interviewing in Diabetes Care*, New York: Guildford Publications.

Thomas, J. G., Bond, D. S., Phelan, S. Hill, J/ O., & Wing, R.R. (2013). Weight-loss maintenance for 10 years in the

National Weight Control Registry. *American Journal of Prevention Medicine*, 46(1):17-23.