

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

COGNITIVE BEHAVIOR THERAPY FOR ANXIETY WORKSHOP
JUNE 3-5, 2020 * Live Webinar * 18 CE/CME

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

Overall Objectives:

At the end of the course, participants will better:

1. Describe the structure of CBT sessions for anxiety disorders.
2. Define the components of the cognitive model of anxiety.
3. Conceptualize individual clinical presentations according to the cognitive model of anxiety.
4. Develop treatment plans from the case conceptualization.
5. Normalize and build tolerance for anxious symptoms.
6. Use cognitive restructuring techniques.
7. Use in vivo and imaginal exposure techniques.
8. Teach clients to implement affect regulation techniques.
9. Use response prevention techniques.
10. Explain how to reduce safety behaviors
11. Decrease client avoidance and increase acceptance of uncertainty.
12. Describe how to treat specific anxious clinical presentations.

Overview of CBT for Anxiety

Robert Hindman, PhD

- 1.) To define the components of the cognitive model of anxiety
- 2.) To describe and model the structure of a cognitive behavior therapy session

Conceptualizing Clinical Presentations and Planning Treatment

Robert Hindman, PhD

- 1.) To conceptualize patients' clinical presentations according to the cognitive model of anxiety
- 2.) To identify evidence-based cognitive behavior therapy interventions that correspond to treatment goals

Core Strategies in CBT for Anxiety: Cognitive Restructuring

Robert Hindman, PhD

- 1.) To implement cognitive restructuring techniques
- 2.) To demonstrate and practice cognitive restructuring of anxiety-related thoughts

Core Strategies in CBT for Anxiety: Exposure

Robert Hindman, PhD

- 1.) To implement in vivo and imaginal exposure techniques
- 2.) To implement response prevention techniques

Cognitive Behavior Therapy of Social Anxiety Disorder

Robert Hindman, PhD

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

Cognitive Behavior Therapy of Generalized Anxiety Disorder

Robert Hindman, PhD

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

Cognitive Behavior Therapy of Obsessive Compulsive Disorder

Robert Hindman, PhD

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

Cognitive Behavior Therapy of Panic

Robert Hindman, PhD

- 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

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

References:

- Craske, M. G., Treanor, M., Conway, C. C., Zbozinek, T., & Vervliet, B. (2014). Maximizing exposure therapy: an inhibitory learning approach. *Behaviour research and therapy, 58*, 10-23.
- Cuijpers, P., Cristea, I. A., Weitz, E., Gentili, C., & Berking, M. (2016). The effects of cognitive and behavioural therapies for anxiety disorders on depression: a meta-analysis. *Psychological medicine, 46*(16), 3451.
- Stangier, U. (2016). New developments in cognitive-behavioral therapy for social anxiety disorder. *Current psychiatry reports, 18*(3), 1-8.

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.

EDUCATORS: The Institute for Better Health has been approved by the Washington State Professional Educator Standards Board (WESPSB), a member of NASDTEC, as a Clock Hour Provider for Educators. Learners may claim one Clock Hour for each activity hour attended. Please contact your individual state boards for information regarding reciprocity and any additional requirements.

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, 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.