

THE INSTITUTE FOR BETTER HEALTH
IN JOINT-SPONSORSHIP WITH THE BECK INSTITUTE
COGNITIVE BEHAVIOR THERAPY FOR DEPRESSION AND SUICIDE WORKSHOP
SEPTEMBER 14-16, 2020 * Bala Cynwyd, PA * 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. Define the cognitive model.
2. Describe the structure of a cognitive therapy session.
3. Describe how to conceptualize patients according to the cognitive model.
4. Identify cognitive behavior therapy interventions.
5. Demonstrate techniques to engage the patient in treatment
6. Demonstrate techniques to develop the therapeutic alliance.
7. Demonstrate techniques to elicit and evaluate automatic thoughts.
8. Describe strategies to modify core beliefs and assumptions
9. Define the cognitive model of depression.
10. Demonstrate cognitive behavior therapy treatment techniques specifically in the treatment of depression.
11. Identify ethical concerns in suicidality.
12. Describe strategies to prevent and manage suicidal crises.

Overview of Cognitive Model and Structure

Robert Hindman, PhD

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

Conceptualizing Patients and Planning Treatment

Robert Hindman, PhD

- 1.) To describe how to conceptualize patients according to the cognitive model.
- 2.) To identify cognitive behavior therapy interventions

Engaging the Patient and Developing the Therapeutic Alliance

Robert Hindman, PhD

- 1.) To demonstrate techniques to engage the patient in treatment
- 2.) To demonstrate techniques to develop the therapeutic alliance

Eliciting and Evaluating Cognitions

Robert Hindman, PhD

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

Overview of Cognitive Model of Depression

Robert Hindman, PhD

- 1.) To define the cognitive model of depression
- 2.) To demonstrate cognitive behavior therapy treatment techniques specifically in the treatment of depression

Cognitive Treatment of Hopelessness and Suicidality

Robert Hindman, PhD

- 1.) To identify and conceptualize suicidal thoughts and behaviors from a cognitive behavior therapy perspective.
- 2.) To describe clinical interventions in the cognitive behavioral treatment of suicidal patients.

Ethical Issues in the Management of High-Risk Clinical Situations in Cognitive Therapy

Robert Hindman, PhD

- 1.) To identify ethical concerns in the treatment of the suicidal client.
- 2.) To describe strategies to prevent and manage suicidal crises.

Advances in Cognitive Behavior Therapy

Robert Hindman, PhD

- 1.) To state clinical advances in cognitive behavior therapy.
- 2.) To list key points of intervention with challenging patients.

References:

- Cuijpers, P., Berking, M., Andersson, G., Quigley, L., Kleiboer, A., & Dobson, K. S. (2013). A meta-analysis of cognitive-behavioural therapy for adult depression, alone and in comparison with other treatments. *The Canadian Journal of Psychiatry, 58*(7), 376-385.
- Lewis, G., & Lewis, G. (2016). No evidence that CBT is less effective than antidepressants in moderate to severe depression. *Evidence Based Mental Health, 19*(4), 125-125.
- Stanley, B., & Brown, G. K. (2012). Safety planning intervention: a brief intervention to mitigate suicide risk. *Cognitive and Behavioral Practice, 19*(2), 256-264.

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CE/CME Information 18 CE/CME

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