

**Praxis Continuing Education and Training
In Joint Sponsorship with the Beck Institute**

**CE Information Packet
CBT for Personality Disorders On-Demand Training Course
8 CE Hours**

Clients with personality disorders often fail to engage in treatment, miss sessions, feel hopeless and stuck, engage in self-harm, use substances, blame others, and experience continual crises. Through case examples and demonstration roleplays, Dr. Judith S. Beck will show you how to use the therapeutic alliance to engage clients, help them view other people more realistically, solve interpersonal problems, decrease their use of unhelpful coping behaviors, and improve their relationships. Learn how to use evidence-based CBT strategies to help clients with personality disorders evaluate and modify their longstanding, dysfunctional core beliefs so they can change their thinking at both an intellectual and emotional level. This course is eligible for **8 CE/CMEs**.

Objectives: *At the end of the course, participants will better be able to:*

1. Describe how to develop and maintain a strong therapeutic alliance with clients with personality disorders.
2. Describe how to conceptualize clients with personality disorders using a cognitive conceptualization diagram.
3. Use your conceptualization to plan treatment within and across sessions.
4. Identify and evaluate therapy-interfering beliefs.
5. Discuss how to modify maladaptive coping strategies.
6. Identify ways to increase Action Plan adherence.
7. Discuss how to modify core beliefs at the emotional and intellectual level.
8. Identify common therapist beliefs that interfere with the therapeutic relationship.

Target Audience:

This course is appropriate for mental health professionals with a beginner to intermediate level of knowledge in a mental health or medical field, which is included, but not limited to psychologists, psychiatrists, social workers, mental health counselors, and nurses.

Schedule:

MODULE 1: Introduction to CBT for Personality Disorders	
Introduction to Course and Introduction to Module	
Lesson 1	Introduction to Treatment and Research
Lesson 2	Diagnosing Personality Disorders
Lesson 3	Cognitive Formulation
Lesson 4	Schemas, Modes, Coping Strategies, and Intermediate Beliefs
Lesson 5	The Problem-Based Cognitive Conceptualization Diagram (PB-CCD)
Lesson 6	Strength-Based Formulation

Lesson 7	The Strength-Based Cognitive Conceptualization Diagram (SB-CCD)
Number of Minutes: 77	
MODULE 2: The Basics of CBT for Personality Disorders	
Introduction to Module	
Lesson 1	A Summary of CBT Treatment
Lesson 2	Initiating Treatment for Clients with Personality Disorders
Lesson 3	Treatment Planning
Lesson 4	Modifications in CBT Treatment for Clients with Personality Disorders
Lesson 5	Techniques from Other Modalities
Lesson 6	Emotion Regulation and Self-Compassion Techniques
Lesson 7	Specifying Problems
Lesson 8	Maladaptive Assumptions
Lesson 9	Therapy Session with Mary
Number of Minutes: 114	
MODULE 3: Strengthening Adaptive Beliefs	
Introduction to Module	
Lesson 1	Identifying or Developing Adaptive Beliefs
Lesson 2	Indirectly Strengthening Adaptive Beliefs
Lesson 3	Educating Clients About Adaptive Core Beliefs
Lesson 4	Motivating Clients to Strengthen Core Beliefs
Lesson 5	Strengthening Adaptive Beliefs Directly
Number of Minutes: 48	
MODULE 4: Modifying Maladaptive Beliefs	
Introduction to Module	
Lesson 1	Identifying Maladaptive Beliefs
Lesson 2	Educating Clients about Maladaptive Core Beliefs
Lesson 3	Sharing the Conceptualization with Clients
Lesson 4	Explaining the Strength of Maladaptive Core Beliefs
Lesson 5	Motivating Clients to Modify Maladaptive Core Beliefs

Lesson 6	Introduction to Modifying Maladaptive Core Beliefs
Lesson 7	Socratic Questioning and Reframing
Lesson 8	Reflecting on Other People
Lesson 9	Self-Disclosure, Modifying Spontaneous Images, Behavioral Experiments, and Skill Building
Lesson 10	Cognitive Continuums, Intellectual-Emotional Role Plays, and Analogies and Metaphors
Lesson 11	Restructuring the Meaning of Early Experiences
Lesson 12	Variations for Restructuring the Meaning of Early Experience
Number of Minutes: 144	
MODULE 5: The Therapeutic Relationship	
Introduction to Module	
Lesson 1	Therapy-Interfering Beliefs and Coping Strategies
Lesson 2	Preventing Problems in the Therapeutic Relationship
Lesson 3	Strengthening the Therapeutic Relationship
Lesson 4	Identifying and Conceptualizing Difficulties in the Therapeutic Relationship
Lesson 5	Planning A Strategy
Lesson 6	Case Examples
Lesson 7	Repairing Therapeutic Relationship Ruptures
Lesson 8	Providing Interpersonal Feedback to Clients
Number of Minutes: 71	
MODULE 6: Therapists' Unhelpful Reactions to Clients	
Introduction to Module	
Lesson 1	Recognizing Unhelpful Reactions to Clients
Lesson 2	Conceptualizing Problems
Lesson 3	Increasing Empathy and Modifying Expectations
Lesson 4	Managing Negative Reactions to Clients
Lesson 5	Referring Clients, Self-Care, and Increasing Your Competence
Number of Minutes: 38	
Total Run Time: 491 minutes / 8.16 hours	

CE Information:

This non-live online distance learning course is approved for 8 CE hours.

To earn CE/CME credit, attendees must complete the course in full, pass the post test with a score of 80% or higher, and submit a course evaluation. Upon receipt of the evaluation, attendees will be able to print their CE/CME certificate of completion.

Please review complete CE and conflict-of-interest disclosure information prior to registering. This professional continuing education activity was sponsored by Praxis Continuing Education and Training and co-sponsored by the Beck Institute. Praxis Continuing Education and Training, who has been approved as a provider of continuing education by the organizations listed below, maintains responsibility for the educational activity offered and for following the standards and regulations for the organizations listed below.

Praxis CET maintains responsibility for the program with the CE approvals outlined below:

Joint Accreditation: In support of improving patient care, this activity has been planned and implemented by Praxis Continuing Education and Training, Inc and the Beck Institute. Praxis Continuing Education and Training, Inc is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

IPCE: This activity was planned by and for the healthcare team, and learners will receive 8 Interprofessional Continuing Education (IPCE) credit for learning and change.



IPCE CREDIT™

Nursing: Praxis Continuing Education and Training, Inc designates this activity for a maximum of 8 ANCC contact hours.

Physicians: Praxis Continuing Education and Training, Inc designates this enduring material activity for a maximum of 8 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Psychologists: Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

Social Workers: As a Jointly Accredited Organization, Praxis Continuing Education and Training, Inc. is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 8 clinical continuing education credits.

NY Social Workers: Praxis Continuing Education and Training, Inc 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 #SW-0467

NY Counselors: Praxis Continuing Education and Training, Inc. 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-0198.

NY Psychologists: Praxis Continuing Education and Training, Inc. is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0002.

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.

Course launch date: 11/30/21

Course review/expiration date: 11/30/2024

Disclosure Information:

Praxis Continuing Education and Training is responsible for the content, quality and scientific integrity of all CE/CME activities certified for credit. When an educational activity is offered for medical (CME), Nursing (ANCC) and/or Psychology (APA) continuing education credit, participants must be informed as to the source, amount, nature, and disposition of any funding used to support the activity, whether in the form of educational grants, cash contributions, or in-kind contributions. Individuals in a position to influence course content must also disclose whether they have one or more relevant financial relationships with ineligible companies.

We define ineligible companies as those whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. There is no minimum financial threshold; individuals must disclose all financial relationships, regardless of the amount, with ineligible companies. We ask that disclosures are made regardless of whether the individual views the financial relationships as relevant to the education. For more information on the Standards for Integrity and Independence in Accredited Continuing Education, please visit accme.org/standards.

All those in a position to control the content of an education activity are asked to disclose any relevant financial relationships they have with any ineligible companies.

There is no commercial support for this activity.

None of the planners or presenters for this educational activity have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

References:

- Beck, A. T., Freeman, A., & Davis, D. D. (Eds.). (2015). Cognitive therapy of personality disorders. Guilford Publications.
- Cash, S. K., Hardy, G. E., Kellett, S., & Parry, G. (2014). Alliance ruptures and resolution during cognitive behaviour therapy with patients with borderline personality disorder. *Psychotherapy Research*, 24(2), 132-145.
- Vita, A., Deste, G., Barlati, S., Poli, R., Cacciani, P., De Peri, L., & Sacchetti, E. (2016). Feasibility and effectiveness of cognitive remediation in the treatment of borderline personality disorder. *Neuropsychological rehabilitation*, 1-13.

