

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

CE Information Packet

Socratic Questioning

Robert Hindman, PhD

2.5 CE Hour

Learn about Socratic questioning, a foundational component of CBT, from Beck Institute faculty member Dr. Rob Hindman. This comprehensive, self-paced, on-demand technique training will cover all aspects of Socratic questioning through case examples, role played therapy sessions, and discussions with Beck Institute expert clinicians. Learn about multiple Socratic questioning techniques for evaluating automatic thoughts, how to use Socratic questioning at different points in the therapy session, and how to determine which Socratic questioning strategy is appropriate, based on each client's unique cognitive conceptualization. This technique training covers how to apply Socratic questioning when it progresses as planned, as well as how to make adjustments when it doesn't.

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

1. Define Socratic questioning
2. Determine which Socratic questioning strategy to use depending on the information presented
3. Apply Socratic questioning for evaluating automatic thoughts
4. Make adaptations to Socratic questioning strategies for clients with challenging problems

Target Audience:

This course is appropriate for those with a beginner to intermediate level of knowledge in a mental health or medical field.

Schedule:

- Video = 2 hours, 38 minutes

References:

- Braun, J. D., Strunk, D. R., Sasso, K. E., & Cooper, A. A. (2015). Therapist use of socratic questioning predicts session-to-session symptoms change in cognitive therapy for depression. *Behaviour Research and Therapy*, 70, 32-37. <https://doi.org/10.1016/j.brat.2015.05.004>
- Grant, P. M., & Inverso, E. (2022, May 5). Transformative Wellness. *Psychiatric Times*. <https://www.psychiatrictimes.com/view/transformative-wellness>
- Okamoto, A., Dattilio, F. M., Dobson, K. S., Kazantzis, N. (2019). The therapeutic relationship in cognitive-behavioral therapy: Essential features and common challenges. *Practice Innovations*, 4(2), 112-123. <https://psycnet.apa.org/doi/10.1037/pri0000088>

CE Information: This non-live online distance learning course is approved for 2.5 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 2.5 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 2.5 ANCC contact hours.

Physicians: Praxis Continuing Education and Training, Inc designates this enduring material activity for a maximum of 2.5 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 2.5 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 10/26/2022

Course review/expiration date: 10/26/2025

Disclosure Information:

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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.

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There is no commercial support for this activity.

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