



Comprehensive Cognitive Behavior Therapy for Couples

Presented by

Frank M Dattilio, Ph.D., ABPP

Seminar Description

This 6-hour seminar will provide you with the nuts and bolts of Cognitive-Behavioral Strategies in your work with couples. Dr. Dattilio describes ways to integrate CBT techniques and strategies into your clinical practice.

This seminar will enable you to describe:

- Effective cognitive-behavioral techniques for working with challenging couples
- Core schemas and the cognitive distortions that affect relationship dysfunction
- When to use cognitive vs. behavioral techniques
- Effective methods of clinical assessment and ways to formulate a plan of intervention
- When cognitive-behavioral techniques are inappropriate
- How to maintain cultural sensitivity
- How to deal with roadblocks and resistance to change
- How to address the potential for relapse

J&K Seminars Home Study Program - 6 hours CE credit

Historical Development of CBT with Couples

- Cognitive-Behavioral strategies with couples
- Cognition, affect, and behavior
- Combined perspectives within a systems framework
- Role of attachment and issues of vulnerability
- Role of core beliefs & schemas - multimodal dimensions
- Video clip

Assessment Techniques and Case Conceptualization

- Conjoint and individual interviews
- Use of surveys, questionnaires, and assessment measures
- Development of case conceptualization, including dysfunctional automatic thoughts
- Assessing personality and other disorders
- Orienting couples to the CB systemic model

Techniques and Procedures for Couples

- Identifying automatic thoughts, underlying schemas, maladaptive assumptions, and cognitive distortions
- Using the Daily Dysfunctional Thought Record
- Identifying negative frame and ingrained beliefs
- Weighing evidence & challenging automatic thoughts
- Using new evidence
- Alternative explanations and behavioral follow-through
- Reframing/restructuring thoughts, belief systems, schemas

Behavioral Techniques

- Cultural sensitivity
- Integration of cognitive-behavioral strategies with other modalities of couples therapy

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Frank M. Dattilio is one of the leading figures in cognitive-behavioral therapy (CBT) in the world. He holds faculty positions with the Dept. of Psychiatry at Harvard Medical School and the Univ. of Pennsylvania School of Medicine. He is also in the private practice of clinical and forensic psychology and marital and family therapy in Allentown, Pennsylvania. He has also served as a visiting faculty member at several major universities throughout the world. Dr. Dattilio has more than 250 professional publications in the areas of couple and family problems, anxiety and behavioral disorders, and forensic and clinical psychology. He has also presented extensively on CBT throughout the United States, Canada, Africa, Asia, Europe, South America, Australia, New Zealand, Mexico, the West Indies, and Cuba. His books are used in 80 countries.

Approved Home Study CE Hours for Psychologists Counselors Social Workers Nurses AOTA

Available for an additional fee - See Exam Enclosed

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