



Cognitive Behavior Therapy for Personality Disorders and Other Challenging Conditions Fundamental & Advanced Considerations

Presented by

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Objectives Participants will be better able to:

- Identify and describe the steps required to develop a cognitive behavioral treatment conceptualization for treating patients with personality disorders and other complex problems
- Use the Diagnostic Profiling System (DPS) to gather data and direct the therapy plan

- Describe the differences between therapeutic strategies and technical interventions
- Define four areas of impediment to therapeutic progress
- Describe the rationale for using cognitive and/or behavioral interventions

12 hours

**1 Understanding the Complex Patient:
An Integrative Approach**

- cognitive behavioral mode, dynamic and systemic elements
- developing treatment conceptualizations and plans

2 Developing Conceptual Models for Treatment:

- Data collection, assessment and treatment
- Freeman Diagnostic Profile, Critical Incident Technique, and Functional Behavioral Analysis

3 Borderline Personality - Clinical Illustration - Jane

- The beginning, middle, and end points of treatment

Conceptualization and Treatment Planning

- small group exercise - hypotheses, conceptualization, and treatment planning from clinical example

4 Eating Disorder & Borderline - Clinical Illustration

**5 Dealing With Impaired Motivation, Resistance, and Impediments to Change:
Issues of Counter-Transference**

6 Cognitive, Affective, Situational, Biological and Behavioral Interventions

7. Clinical Illustration - Alfred

- Partner Abuse and Narcissistic Personality Disorder
- Initial session and treatment planning

8 Clinical Illustrations

- Narcissistic Personality Disorder
- Reluctant Patient

Arthur Freeman, Ed.D.

Arthur (Art) Freeman is Visiting Professor at Governors State University, and the former Chair of the Department of Psychology and Director of the doctoral program in Clinical Psychology at the Philadelphia College of Osteopathic Medicine.

He completed his doctoral work at Teachers College-Columbia University. He studied with Albert Ellis, and completed a Postdoctoral Fellowship at the Center for Cognitive Therapy at the University of Pennsylvania under Dr. Aaron T. Beck.

In addition to 50 book chapters, reviews and journal articles, Art has published twenty professional books and two trade books, *“Woulda, Coulda, Shoulda: Overcoming Mistakes*

and Missed Opportunities” and *“The Ten Dumbest Mistakes Smart People Make, and How to Overcome Them.”* His professional and popular work has been translated into Bulgarian, Chinese, Dutch, German, Italian, Japanese, Portuguese, Spanish, and Swedish.

He holds Diplomates in Clinical Psychology, Family Psychology, and Behavioral Psychology from the American Board of Professional Psychology and is a Fellow of the American Psychological Association, the American Psychological Society, and the Academy of Clinical Psychology.

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