Dr. Don Meichenbaum identifies, describes, and demonstrates Cognitive Behavior Therapy (CBT) Core Tasks of Psychotherapy. These Core Tasks expand the power of the CBT orientation and enable therapists to have more success with their most challenging clients. The Core Tasks include ways to establish and monitor the quality of the therapy relationship, ways of conducting psycho-education, nurturing hope by means of collaborative goal-setting, teaching coping skills, employing generalization guidelines, and addressing the impact of victimizing experiences.

Dr. Meichenbaum uses video demonstrations and other examples to show how expert therapists integrate CBT Core Tasks with challenging clients. Attendees will also learn how the Core Tasks can enhance their cultural competence and integrate spirituality within their psychotherapy.

### Objectives: Participants will be able to:

- Implement Core Tasks to obtain improved treatment outcomes
- Use client feedback to improve treatment effectiveness
- Conduct risk assessments of a client's potential threat toward others and toward oneself
- Conduct evidence-based integrative interventions with challenging clients who have co-morbid psychiatric disorders
- Tailor treatment in a culturally-sensitive fashion
- Integrate spirituality and psychotherapy
- Bolster client and therapist resilience

### Core Tasks of Psychotherapy

- What “expert” psychotherapists do
- Implications for conducting psychotherapy

### Initial Phase of Psychotherapy

- Establishing and monitoring the therapeutic alliance
- Engaging clients and significant others
- The "art of questioning"
- Facilitating treatment adherence including Motivational Interviewing
- Using a Case Conceptualization Model
- Assessing for the client's violence potential

### Nurturing Hope

- Conduct psycho-education
- Collaborative goal-setting
- Strengths-based treatment approaches
- Ways to bolster resilience

### Implementing Cognitive Behavior Therapy

- Skills training: Emotional self-regulation, cognitive restructuring and stress inoculation training

### Donald Meichenbaum, Ph.D.

Donald Meichenbaum is Distinguished Professor Emeritus of Psychology, University of Waterloo, Ontario. He is presently Research Director of The Melissa Institute for Violence Prevention and Treatment of Victims in Miami, Florida. He is one of the founders of Cognitive Behavior Therapy (CBT) and was voted “one of the ten most influential psychotherapists of the century” by North American clinicians in a survey reported in the American Psychologist.

He is the author of numerous books including: Cognitive Behavior Modification: An Integrative Approach, considered a classic in the field. His most recent book is Roadmap to Resilience: A Guide for Military, Trauma Victims and Their Families.

Dr. Meichenbaum is the recipient of the Izaak Killiam Research Fellowship Award and a former Honorary President of the Canadian Psychological Association. He is on the editorial boards of a dozen journals and has lectured and consulted worldwide.

Dr. Meichenbaum has presented programs in all 50 states and internationally. His workshops and presentations are noted for their blend of scholarship, humor and humanity.

### Applications to Challenging Clients

- Treating comorbid disorders
- Prolonged and Complicated Grief
- More Personal Healing

### Substance Abuse Disorders

- Consideration of 11 STEP programs
- Relapse prevention interventions
- Integrating spirituality and psychotherapy

### Personality Disorders - Emotional Dysregulation

- Borderline Personality Disorder

### Traumatized Clients

- Complex PTSD
- Ways to avoid being re-victimized
- Traumatic brain injuries

### 12 hours CE Credit (Social Workers Receive 11 CE Credits)

- Building in Generalization Guidelines
- Treatment of depression and suicidal behavior
- Using computer technology as an adjunctive tool

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

Accreditations

J&K Seminars, LLC is approved by the American Psychological Association to sponsor continuing education for psychologists. J&K Seminars, LLC maintains responsibility for this program and its content. (12 clock hours)

J&K Seminars LLC, Provider #1080, 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 as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. J&K Seminars maintains responsibility for this course. ACE provider approval period: 01/27/2018 – 01/27/2021. Social workers completing this course receive 11 continuing education credits.

This course has been approved by J&K Seminars, LLC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #757, J&K Seminars, LLC is responsible for all aspects of the programing

American Occupational Therapy Association (AOTA) – 1.2 hours

Pennsylvania Department of Education – Act 48 approved for (12 hours)

Pennsylvania Certification Board (12 hours)

J&K Seminars, LLC is an approved provider of continuing education by the Pennsylvania State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation (12 hours)

Ohio Counselor, Social Worker, Marriage and Family Therapist- RCST111404 (12 hours)

State of Illinois Department of Professional Regulation – J&K Seminars, LLC is a Registered Social Worker Continuing Education Sponsor – License #129-000833, and Marriage and Family Therapy Continuing Education Sponsor – License #168-000195 (12 hours)

This course is approved by the Association of Social Work Boards – ASWB NJ CE Course Approval Program. Provider 88 Course #2222 from 03/12/2019 to 03/12/2021 Social workers will receive the following type and number of credits: Clinical Practice 11

J&K Seminars, LLC, SW CPE 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-0174. (12 hours)

J&K Seminars, LLC 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 Marriage and Family Therapist #MFT-0041 (12 hours)

J&K Seminars, LLC 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-0077. 12 Hours.

J&K Seminars is an approved provider of continuing education by the Texas State Board of Examiners of Professional Counselors for Licensed Professional Counselors – Provider #1835

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Course Completion Requirements

- In order to receive CE credits for this program, you will need to watch/listen to the program, pass a post-test, and complete a course feedback form. The post-test and feedback form are included with the purchase of this program—no additional fee is required.
- You can submit your post-test though email, mail, or fax (online testing will be available soon).
- You must score at least 75% to pass your test. If you do not pass, one retest is permitted for a $10 fee.
- There is no time limit to complete any post-tests.
- There is no additional fee to receive your CE certificate. Once we receive your passing post-test, we will mail your certificate within 24 hours, and can email your certificate upon request.