



# Advanced Cognitive Behavior Therapy Implementing Psychotherapy Core Tasks

Presented By

## Donald Meichenbaum, Ph.D.

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 describe:

- 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

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

#### 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

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

#### 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

## 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.

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

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