



Advanced Cognitive Behavior Therapy Implementing Psychotherapy Core Tasks

Presented By

Donald Meichenbaum, Ph.D.

Objectives: Participants will be able to describe:

- How to implement Core Tasks to obtain improved treatment outcomes
- How to use client feedback to improve treatment effectiveness
- How to conduct risk assessments of a client's potential threat toward others and toward oneself
- How to conduct evidence-based integrative

- interventions with challenging clients who have co-morbid psychiatric disorders
- How to tailor treatment in a culturally-sensitive fashion
- How to integrate spirituality and psychotherapy
- How to bolster client and therapist resilience

12 hours

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 12 STEP programs
- Relapse prevention interventions
- Integrating spirituality and psychotherapy

Personality Disorders - Emotional Dysregulation

- Borderline Personality Disorder

Traumatized Clients

- Complex PTSD
- Ways to avoid being revictimized
- 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

Exam Enclosed Participant Practice Level—Intermediate

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