



Treating Patients with Specific Clinical Disorders A Strengths-based Constructive Narrative Treatment Approach

Presented by

Donald Meichenbaum, Ph.D.

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Overview

This course addresses ways of implementing the core tasks of psychotherapy that “expert” therapists use to achieve better treatment outcomes. These interventions incorporate basic trans-theoretical approaches.

Dr. Meichenbaum describes how to treat a range of diverse clinical populations, including patients experiencing PTSD, substance abuse, anxiety, depressive disorders, prolonged and complicated grief, suicidality, and anger control problems. He also discusses how to use several constructive narrative treatment approaches, including ways to integrate spirituality into clinical practice.

These approaches will help your patients achieve long lasting behavior changes. The course includes practical to-do tasks for you to practice and specific feedback for you to solicit from your patients to increase your level of expertise.

Objectives: Participants will be able to:

1. Explain how the core tasks of therapy can be implemented with a variety of different clinical populations
2. Describe how to use a case conceptualization model that informs assessment and treatment decisions.
3. List considerations when treating patients with co-occurring disorders
4. List considerations when treating patients with anxiety and depressive disorders, complicated grief, or anger control issues.
5. Describe ways to create safety for suicidal patients
6. Describe ways to conduct various constructive narrative treatment approaches
7. Explain ways to integrate spirituality and psychotherapy

Agenda—10 One Hour Modules

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| <ol style="list-style-type: none"> 1. The development of a Constructive Narrative Perspective of Psychotherapy: Further Examples of HYPE in Trauma Therapy 2. Treatment of Individuals with Anxiety and Depression 3. Treatment of Individuals with PTSD 4. Treatment of individuals with Prolong and Complicated Grief and Traumatic Bereavement 5. Treatment of Individuals with Substance Abuse Disorders | <ol style="list-style-type: none"> 6. Treatment of Suicidal Patients 7. Treatment of Patients with Co-occurring Disorders 8. Treatment of Patients with Anger-control Problems and Aggressive Behaviors 9. Integration of Spirituality and Psychotherapy in Clinical Practice 10. Ways to Bolster Resilience, Post Traumatic Growth and Self-evaluation of Your Level of Clinical Expertise |
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Donald Meichenbaum, Ph.D. is a Distinguished Professor Emeritus of Psychology, University of Waterloo, Ontario and Research Director of the Melissa Institute for Violence Prevention (www.melissainstitute.org). 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 has written numerous books including: *Cognitive Behavior Modification: An Integrative Approach*, considered a classic in the field; *Pain and Behavioral Medicine*, *Nurturing Independent Learners*, and *Roadmap to Resilience : A Guide for Military, Trauma Victims and Their Families*.

Dr. Meichenbaum received a Lifetime Research Award from the Clinical Division of APA. He has presented in all 50 U.S. states and internationally. He was involved in the aftermath of natural disasters and various incidents of interpersonal violence.

CE Hours for Psychologists Counselors Social Workers MFT

Practice Level—Intermediate 904 Church Rd., Wyncote, PA 19095-1601 (800) 801-5415 JK@JKSeminars.com For more information visit www.JKSeminars.com /FAQ

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Practice Level –Intermediate

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