

**THE INSTITUTE FOR THE ADVANCEMENT OF HUMAN BEHAVIOR
IN JOINT-SPONSORSHIP WITH
THE BECK INSTITUTE**

**LEVEL I COGNITIVE BEHAVIOR THERAPY WORKSHOP
DECEMBER 12 -14, 2011 * Bala Cynwyd, PA * 21 CE/CME**

The purpose of this program is to train mental health professionals to deliver effective cognitive behavior therapy.

Overall Objectives:

At the end of the course, participants will better:

1. Describe the cognitive model and conceptualization techniques.
2. Identify cognitive behavior therapy interventions.
3. Demonstrate cognitive behavior therapy treatment techniques specifically in the treatment of depression, hopelessness, and suicidal ideation.
4. Explain the cognitive model of depression.
5. Identify ethical concerns in suicidality.
6. Define ethical issues in managing high-risk clinical situations.
7. Demonstrate techniques to elicit and evaluate automatic thoughts.
8. Define the basic tenets of CT supervision.
9. Identify cognitive behavior therapy treatment techniques specifically in the treatment of anxiety and panic disorders.
10. Identify cognitive behavior therapy treatment techniques specifically in the treatment of OCD.

Overview of Cognitive Model, Structure, and Cognitive Model of Depression

Judith Beck, Ph.D.

- 1.) To define the cognitive model of depression.
- 2.) To demonstrate specific strategies in working with depressed patients.

Eliciting and Evaluating Automatic Thoughts

Judith Beck, Ph.D.

- 1.) To describe strategies to elicit and evaluate automatic thoughts.
- 2.) To describe strategies to modify core beliefs and assumptions

Cognitive Treatment of Hopelessness and Suicidal Ideation: Ethical Concerns

Judith Beck, Ph.D.

- 1.) To identify and conceptualize hopelessness and suicidal ideation from a cognitive behavior therapy perspective.
- 2.) To describe clinical interventions with challenging patients.

Ethical Issues in the Management of High-Risk Clinical Situations in Cognitive Therapy

Judith Beck, Ph.D.

- 1.) To understand the ethical issues in managing high risk.
- 2.) To recognize treatment strategies to reduce risk.

Cognitive Model of Anxiety and Cognitive Behavior Therapy of Generalized Anxiety Disorder

Amy Wenzel, Ph.D.

- 1.) To identify and conceptualize anxiety from a cognitive behavior therapy perspective
- 2.) To demonstrate specific treatment strategies in the treatment of generalized anxiety disorder.

Cognitive Behavior Therapy of Panic and Group Demonstration of Cognitive Behavior Therapy of Panic

Amy Wenzel, Ph.D.

- 1.) To identify and conceptualize panic disorder from a cognitive behavior therapy perspective
- 2.) To demonstrate specific treatment strategies in the treatment of panic disorder.

Cognitive Behavior Therapy of Obsessive Compulsive Disorder

Amy Wenzel, Ph.D.

- 1.) To identify and conceptualize OCD from a cognitive behavior therapy perspective
- 2.) To demonstrate specific treatment strategies in the treatment of OCD.

Advances in Cognitive Behavior Therapy

Aaron T. Beck, M.D.

- 1.) To state clinical advances in cognitive behavior therapy.
- 2.) To list key points of intervention with challenging patients.

Accreditation Information

21 CE/CME

The Institute for the Advancement of Human Behavior (IAHB) has been approved as a provider of continuing education and continuing medical education by the organizations listed below. IAHB as the approved sponsor maintains responsibility for the educational activity offered and for following the standards and regulations for the organizations listed above (except where otherwise noted).

ALCOHOLISM & DRUG ABUSE COUNSELORS: Approved by the National Association of Alcoholism and Drug Abuse Counselors Approved Provider Program (NAADAC Approved Education Provider #187) for 21 CEH's.

COUNSELORS: IAHB is an NBCC Approved Continuing Education Provider (ACEP™) and a co-sponsor of this event/program. IAHB may award NBCC approved clock hours for events or programs that meet NBCC requirements. The ACEP maintains responsibility for the content of this event. (NBCC Provider #5216). Approved by the State of Illinois Department of Professional Regulation (License #168-000119). This course meets the qualifications for MFTs as required by the California Board of Behavioral Sciences (Provider # PCE 36). IAHB has been approved by the Texas Board of Examiners of Marriage and Family Therapists to provide CE offerings for MFTs. Provider Number 154.

Nurses: IAHB is an approved provider of continuing nursing education by the Utah Nurses Association, an accredited Approver by the American Nurses Credentialing Center's Commission on Accreditation.



(UNA = 21.5 contact hours. Provider Code PO9-03). Provider approved by the California Board of Registered Nursing, (BRN Provider CEP#2672) for 21 CE hours.

PHYSICIANS: This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the Institute for the Advancement of Human Behavior (IAHB) and the Beck Institute. IAHB is accredited by the ACCME to provide continuing medical education for physicians. IAHB designates this live activity for a maximum of 21 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: IAHB is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. IAHB maintains responsibility for this program and its content.

SOCIAL WORKERS: IAHB is co-sponsor with R. Cassidy, ACE Provider #1082 approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) Program. Approval Period: April 15, 2009-April 15, 2012. R. Cassidy Seminars maintains responsibility for the program. Social workers should contact their regulatory board to determine course approval. Social workers will receive 21 hours of continuing education clinical social work hours for participating in this course. IAHB is approved by the State of Maryland Board of Social Work Examiners to sponsor Category I continuing education programs. This course meets the qualifications for LCSWs as required by the California Board of Behavioral Sciences (Provider #PCE-36). As an approved continuing education provider for the Texas State Board of Social Worker Examiners, IAHB offers continuing education for Texas licensed social workers in compliance with the rules of the board. License No. 3876; MC 1982, PO Box 149347, Austin, TX 78714, (512) 719-3521.

NOTE: Many state boards accept offerings accredited by national or other state organizations. If your state is not listed, please check with your professional licensing board to determine whether the accreditations listed are accepted.

(Last update: 4/29/11)