

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

COGNITIVE BEHAVIOR THERAPY WORKSHOP LEVEL II
PERSONALITY DISORDERS AND CHALLENGING PROBLEMS
FEBRUARY 20-22, 2012 * Bala Cynwyd, PA * 18 CE/CME

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

Overall Objectives:

At the end of the course, participants will better:

1. Describe the cognitive model and conceptualization techniques.
2. Identify advanced cognitive behavior therapy interventions.
3. Demonstrate cognitive behavior therapy treatment techniques for specific disorders.
4. Describe advanced techniques to elicit and evaluate automatic thoughts.
5. Identify key cognitions.
6. Identify dysfunctional patterns of behavior.
7. Use a data-driven process to develop accurate formulations of challenging problems and complex cases.
8. Identify the relationships among core beliefs, conditional assumptions, and dysfunctional coping strategies.
9. Identify strategies to discover and ameliorate problems in the therapeutic alliance.
10. Identify advanced cognitive behavior therapy interventions.
11. Identify cognitive behavior therapy treatment techniques specifically in the treatment of personality disorders.
12. Identify cognitive behavior therapy treatment techniques specifically in the treatment of borderline personality disorder.

Overview of Cognitive Behavior Therapy for Challenging Problems

Judith S. Beck, Ph.D.

- 1.) To describe and demonstrate cognitive behavior therapy for challenging problems.
- 2.) To identify conceptualization techniques for challenging problems.

Cognitive Behavior Therapy for Axis II Disorders

Judith S. Beck, Ph.D.

- 1.) To describe strategies to elicit and evaluate automatic thoughts from patients with Axis II Disorders.
- 2.) To describe strategies to modify core beliefs and assumptions of patients with Axis II Disorders.

Modifying Core Beliefs

Judith S. Beck, Ph.D.

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

Using Imagery to Change the Meaning of Early Traumatic Experiences

Judith S. Beck, Ph.D.

- 1.) To identify spontaneous images in challenging patients.
- 2.) To describe techniques to modify anxious images.

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.

Cognitive Behavior Therapy for Borderline Personality Disorder

Amy Cunningham, Psy.D.

- 1.) To describe strategies to elicit and evaluate automatic thoughts from patients with Borderline Personality Disorder.
- 2.) To describe strategies to modify core beliefs and assumptions of patients with Borderline Personality Disorder.
- 3.) To describe clinical interventions with patients with Borderline Personality Disorder.

Accreditation Information
18 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 18 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 (UNA), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.



(UNA=18.5 contact hours, Provider Code P09-03).

Provider approved by the CA Board of Registered Nursing (BRN Provider CEP#2672) for 18 CEH's.

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 18 *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 18 hours of continuing education clinical social work hours for participating in this course. 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: 1/16/12)