

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

SUPERVISION PROGRAM

SEPTEMBER 1, 2017-NOVEMBER 30, 2017 * Bala Cynwyd, PA * 7.5 CE/CME

The purpose of this program is to further knowledge and enhance clinical skills learned in Beck Institute Workshops

Overall Objectives:

At the end of the course, participants will be able to:

1. Develop a cognitive case formulation to guide treatment
2. Structure CBT sessions effectively
3. Use a variety of cognitive techniques when indicated
4. Use a variety of behavioral techniques when indicated

Develop a cognitive case formulation to guide treatment

- 1.) Conceptualize clients according to a cognitive conceptualization
- 2.) Use the conceptualization to plan treatment in and across sessions

Structure CBT sessions more effectively

- 1.) Use basic techniques to structure sessions and modify structure as needed.
- 2.) Conceptualize and solve problems when difficulties with structuring sessions arise.

Use a variety of cognitive techniques when indicated

- 1.) Use Socratic questioning to help clients evaluate the accuracy and utility of their cognitions
- 2.) Use techniques such as imagery, mindfulness, etc., when appropriate

Use a variety of behavioral techniques when indicated

- 1.) Use behavioral experiments to test cognitions
- 2.) Use behavioral activation, skills training, etc., when appropriate