

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

**COGNITIVE BEHAVIOR THERAPY FOR CHILDREN AND ADOLESCENTS WORKSHOP  
MAY 9-11, 2016 \* Bala Cynwyd, PA \* 18 CE/CME**

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

Overall Objectives:

At the end of the course, participants will better:

1. Describe cognitive theory, case conceptualization and CBT session structure.
2. Explore and practice cognitive and behavioral interventions for children and adolescents.
3. Discuss case conceptualization-driven interventions for children and adolescents.
4. Create full case conceptualizations and select appropriate interventions from those learned in the workshop.
5. Discuss content presented through a mix of didactic lecture, audio presentation of real cases, role play, group activities and practice activities.
6. Utilize knowledge and ability of CBT with children and adolescents
7. Construct a comfort level with cognitive and behavioral interventions for the types of youth seen at treatment setting.
8. Use cognitive case conceptualization to select and implement interventions tailored for individual children and adolescents.
9. Illustrate how to integrate CBT into treatment setting with children and adolescents.

***Overview of Cognitive Model and Structure***

***Torrey Creed, Ph.D.***

- 1.) To define the cognitive mode

***The role of family in the development and maintenance of beliefs and behavior***

***Torrey Creed, Ph.D.***

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

***Case conceptualization of individuals and families***

***Torrey Creed, Ph.D.***

- 1.) To describe the cognitive model and conceptualization techniques for challenging problems.
- 2.) To demonstrate specific treatment strategies from a cognitive behavior therapy perspective for challenging problems.

***Cognitive models of anxiety and depression***

***Torrey Creed, Ph.D.***

- 1.) To describe the case conceptualization diagram techniques.
- 2.) To demonstrate strategies for case formulation from a cognitive behavior therapy perspective.

***Structuring sessions with children and adolescents***

***Torrey Creed, Ph.D.***

- 1.) To identify strategies for structuring a CBT session with a child or adolescent.
- 2.) To demonstrate interventions for challenging problems which may arise in the treatment of children and adolescents.

***Conceptualizing individual clients and planning treatment***

***Torrey Creed, 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 interventions and the 3 Cs***

***Torrey Creed, 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.

***Identifying thoughts and feelings with children and adolescents***

***Torrey Creed, Ph.D.***

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

***Conceptualization of a client with depression and implementing interventions***

***Torrey Creed, Ph.D.***

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

***Conceptualization of a client with anxiety and implementing interventions***

***Torrey Creed, Ph.D.***

- 1.) To identify and conceptualize anxiety from a cognitive behavior therapy perspective.
- 2.) To demonstrate specific treatment strategies in the treatment of children and adolescents with anxiety disorders.

***Behavioral interventions***

***Torrey Creed, Ph.D.***

- 1.) To demonstrate specific behavioral interventions in the treatment of children and adolescents.
- 2.) To identify problem solving, activity monitoring, activity scheduling, graded task assignment, and hierarchical exposures.