

**COGNITIVE BEHAVIOR THERAPY WORKSHOP CORE 3  
PERSONALITY DISORDERS AND CHALLENGING PROBLEMS**

**August 21-23, 2017 \* Bala Cynwyd, PA \* 18 CE/CME**

The purpose of this program is to train mental health professionals to deliver effective cognitive therapy to clients with personality disorders.

Overall Objectives:

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

1. Develop a strong therapeutic alliance with Axis II clients.
2. Use a cognitive conceptualization to plan treatment.
3. Demonstrate how to set goals with unmotivated clients.
4. Modify session structure when clients are resistant.
5. Modify therapy-interfering beliefs.
6. Demonstrate how to deal effectively with self-harm.
7. Manage between-session crises.
8. Demonstrate how to calm angry clients.
9. Modify homework to increase adherence.
10. Modify core beliefs at the intellectual and emotional level.
11. Identify their own beliefs that interfere with the therapeutic relationship.

**Overview of Cognitive Behavior Therapy for Personality Disorders**

**Judith S. Beck, Ph.D.**

- 1.) To conceptualize clients with personality disorders
- 2.) To adapt cognitive behavior therapy for personality disorders.

**Cognitive Behavior Therapy for Personality Disorders**

**Judith S. Beck, Ph.D.**

- 1.) To prevent problems in the therapeutic relationship
- 2.) To effectively deal with ruptures in the therapeutic relationship
- 3.) To use the therapeutic relationship to achieve therapeutic goals
- 4.) To use advanced strategies for eliciting automatic thoughts and assumptions.
- 5.) To use strategies to modify rigid cognitions of clients with personality disorders
- 6.) To set goals with reluctant clients
- 7.) To structure sessions with clients who are sensitive to control.

**Modifying Core Beliefs**

**Judith S. Beck, Ph.D.**

- 1.) To educate clients about core beliefs.
- 2.) To explain to clients why they believe their negative core beliefs so strongly.
- 3.) To modify core beliefs at the intellectual level
- 4.) To modify core beliefs at the emotional level
- 5.) To explain to clients how adverse early experiences contributed to the development and maintenance of core beliefs.
- 6.) To modify the meanings of early adverse experiences at the emotional and intellectual level.

**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 clients with personality disorders.

**Cognitive Behavior Therapy for Borderline Personality Disorder**

**Amy Cunningham, Ph.D.**

- 1.) To establish a sound therapeutic alliance with clients with borderline personality disorder.
- 2.) To use specific treatment strategies for patients with borderline personality disorder.

**Case Discussions and Roleplays of Clients with Borderline Personality Disorders**

**Amy Cunningham, Ph.D.**

- 1.) To conceptualize and treat self-harm and other impulsive behaviors.
- 2.) To implement emotional exposure with borderline personality disorder patients

**Relevant Readings**

Beck, A. T., Freeman, A., & Davis, D. D. (Eds.). (2015). *Cognitive therapy of personality disorders*. Guilford Publications.

Cash, S. K., Hardy, G. E., Kellett, S., & Parry, G. (2014). Alliance ruptures and resolution during cognitive behaviour therapy with patients with borderline personality disorder. *Psychotherapy Research, 24*(2), 132-145.

Vita, A., Deste, G., Barlati, S., Poli, R., Cacciani, P., De Peri, L., & Sacchetti, E. (2016). Feasibility and effectiveness of cognitive remediation in the treatment of borderline personality disorder. *Neuropsychological rehabilitation, 1-13*.