

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

**COGNITIVE BEHAVIOR THERAPY FOR ANXIETY: CORE 2 WORKSHOP**  
**OCTOBER 14-15, 2017 \* CHICAGO, IL \* 12 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. Use case conceptualize for anxious clients according to the cognitive model
2. Use the conceptualization to plan treatment within and across sessions
3. Establish and maintain a strong therapeutic alliance with anxious clients
4. Use psychoeducation with anxious clients
5. Demonstrate effective session structure
6. Use a variety of cognitive, behavioral, and mindfulness techniques
7. Modify and reduce clients' use of safety behaviors
8. Identify ways to decrease client avoidance and increase acceptance of uncertainty
9. Identify ways to increase adherence to exposure exercises and other self-help assignments outside of session
10. Modify treatment for specific anxious clinical presentations

**Overview of CBT for Anxiety**

**Robert Hindman, PhD**

- 1.) To define the components of the cognitive model of anxiety
- 2.) To describe and model the structure of a cognitive behavior therapy session

**Conceptualizing Clinical Presentations and Planning Treatment**

**Robert Hindman, PhD**

- 1.) To conceptualize patients' clinical presentations according to the cognitive model of anxiety
- 2.) To identify evidence-based cognitive behavior therapy interventions that correspond to treatment goals

**Core Strategies in CBT for Anxiety: Cognitive Restructuring**

**Robert Hindman, PhD**

- 1.) To implement cognitive restructuring techniques
- 2.) To demonstrate and practice cognitive restructuring of anxiety-related thoughts

**Core Strategies in CBT for Anxiety: Exposure**

**Robert Hindman, PhD**

- 1.) To implement in vivo and imaginal exposure techniques
- 2.) To implement response prevention techniques

**Core Strategies in CBT for Anxiety: Mindfulness**

**Robert Hindman, PhD**

- 1.) To conceptualize how to integrate mindfulness strategies into a CBT framework
- 2.) To demonstrate specific mindfulness strategies

**Cognitive Behavior Therapy of Social Anxiety Disorder**

**Robert Hindman, PhD**

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

**Cognitive Behavior Therapy of Generalized Anxiety Disorder**

**Robert Hindman, PhD**

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

**Cognitive Behavior Therapy of Obsessive Compulsive Disorder**

**Robert Hindman, PhD**

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

**Cognitive Behavior Therapy of Panic**

**Robert Hindman, PhD**

- 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

**Relevant Readings**

Craske, M. G., Treanor, M., Conway, C. C., Zbozinek, T., & Vervliet, B. (2014). Maximizing exposure therapy: an inhibitory learning approach. *Behaviour research and therapy, 58*, 10-23.

Cuijpers, P., Cristea, I. A., Weitz, E., Gentili, C., & Berking, M. (2016). The effects of cognitive and behavioural therapies for anxiety disorders on depression: a meta-analysis. *Psychological medicine, 46*(16), 3451.

Stangier, U. (2016). New developments in cognitive-behavioral therapy for social anxiety disorder. *Current psychiatry reports, 18*(3), 1-8.