

Cognitive Behavioral Therapy Certificate Course

3-Day Intensive Training

Join in for this breakthrough Cognitive Behavioral Therapy (CBT) Certificate Course to develop core competencies and transform your skills to achieve better therapeutic outcomes, even with your most challenging clients!

You will be able to utilize concrete strategies that will provide greater healing for your clients who suffer from:

- Mood disorders
- Anger
- Anxiety disorders
- PTSD
- Substance abuse
- Personality disorders
- Suicidality
- And many more challenging clients!

You'll get effective clinical techniques from Dr. John Ludgate, trained at the Beck Institute of Cognitive Therapy. He will teach you how to master the art of applying CBT to a variety of clinical populations. Join him for this revolutionary experience as he reveals the latest advances in CBT to get the skills you need to succeed!

Through case studies, interactive discussions, role-plays, and reproducible handouts, you will take away practical CBT strategies to use immediately with any client. Leave this certificate course armed with tools you can use in your very next session.

Don't miss out –register now to reserve your seat!

Certificate of completion will be awarded at the end of the training.

Questions? Call customer service at **800-844-8260**

Outline

Master the Core Skills and Competencies of CBT

Foundations in CBT

Evolution of Cognitive Behavioral Therapies
Neurobiological Findings
Outcome Studies

Treatment Concepts

Socialization to Treatment Model
Levels of Cognition
Eliciting & Labeling Distortions
Identify & Evaluate Automatic Thoughts

Offshoot Models

Third Wave Approaches
DBT
Acceptance & Commitment Therapy
Schema Therapy

The Therapeutic Relationship

Establish Rapport
Ruptures in the Therapeutic Alliance
Predictive of Outcome

Cognitive Conceptualization

Case Formulation
Collaborative Empiricism
Symptom Driven Treatment Planning

Key Components of CBT Practice

Structure
Feedback
Guided Discovery
Collaborative Empiricism
Homework

Application to Clinical Practice

Case Studies/Role Plays

CBT for Mood Disorders, Anger, Anxiety, PTSD & Substance Abuse

CBT for Mood Disorders

Cognitive Model of Depression
Behavioral Activation
Sleep Hygiene
Activity Monitoring & Scheduling
Modify Negative Cognitions
Gratitude & Meaning
Depressive Relapse
Bipolar Disorder

CBT for Anger

Cognitive Model of Anger
Role of Values & "Moral Resistance"
Symptom Management

CBT for Anxiety

Generalized Anxiety
Cognitive Model of Anxiety
"Worry Cure"
Phobias
Hierarchy Work
Desensitization
Panic Disorder
Cognitive Model of Panic
Interceptive Strategies

CBT for OCD

Intrusive Thoughts
Metacognitive Strategies
Behavioral Experiments

CBT for PTSD

Prolonged Exposure
Cognitive Reprocessing
Trauma Narratives

CBT for Substance Abuse

Impulse Control Models
Monitor Cravings & Resist Urges
Relapse Prevention

Application to Clinical Practice

Case Studies/Role Plays

Difficult Cases, Cluster B & C Personality Disorders

Overview of CBT for Challenging Cases

Why are they challenging
Adaptations in CBT
Modified Expectations for the Therapist

Treatment Model

Early Maladaptive Schemas
Breaking Destructive Behavioral Cycles
Belief Modification Protocol

CBT for Cluster B Personality Disorders

Antisocial
Psychopathy
Behavior Management
Narcissistic
Subtypes of Narcissism
Schema Mode Work
Histrionic
Schema Modification
Constructive Alternatives for "Getting Noticed"
Borderline
DBT Based Strategies
Emotion Regulation Skills
Distress Tolerance Skills
Interpersonal Effectiveness Skills

CBT for Cluster C Personality Disorders

Modifying Avoidant Schemas and Strategies
Changing Dependent Beliefs and Behaviors
OCPD: Interventions and Strategies

Advanced Strategies for Cluster B Personality Disorders:

Modify Deep Seeded Beliefs
Continuum Work
Construct New Beliefs
Internalization Exercises
Build Resilience
Cognitive Behavioral Chain Analysis
Schema Mode Work

CBT for Suicidal Clients

CBT Model of suicide
Risk Assessment
Strategies for Suicidal Ideation and Hopelessness
Reasons for Living Inventories

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3-Day Intensive Training

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The Ultimate Intensive 3-Day Skills Training on CBT!

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Wednesday - Friday
January 24-26, 2018

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Featuring, **John Ludgate, Ph.D., LPC**

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