

Advanced CBT for psychosis training

March 8th and 15th, 2019
80 8th Avenue, Suite 711
New York, NY 10011

Course Instructor: Sally E. Riggs, DClInPsy

NYC CBTp is excited to announce a new addition to their open enrollment trainings: a two-day workshop in Advanced CBT for psychosis. CBT for psychosis (CBTp) is an evidence-based treatment, commonly available in Europe, and recommended by best practice guidelines in both the US and the UK.

Who can attend: licensed mental health professionals, those with a limited permit, or students currently enrolled in a licensure qualifying graduate program. Participants must have completed an initial 3-day workshop in Full CBT for psychosis. ***Participants must also be prepared to bring case material pertaining to at least one 'complex case' with whom they are currently working to discuss during the workshop.***

Training format:

The training will entail 2 days of workshops plus optional 6 months of ongoing consultation.

Daily Workshop Schedule:

2 day workshop \$575 (early bird special \$535 until February 8th 2019)

8:30am – 9:00am: Registration and coffee

9:00am – 12:15pm: Workshop (including one 15 minute break)

12:15pm-1:15pm: Lunch on your own

1:15pm-4:30pm: Workshop (including one 15 minute break)

Learning Objectives:

By the end of the two-day workshop participants will be able to:

1. Summarize the cognitive behavioral model and how it applies to psychosis
2. Develop an individualized longitudinal case formulation for a complex case taking into consideration: biological, developmental, psychological, social and environmental factors
3. Design and utilize behavioral experiments as informed by the specific formulation
4. Differentiate between the different levels of cognitions: negative automatic thoughts, schema and core beliefs as they pertain to psychosis
5. Select specific interventions for schema change
6. Describe how to utilize interpersonal techniques in the therapeutic relationship for schema change
7. Explain the concept of imagery
8. Demonstrate interventions for imagery modification
9. Describe the pros and cons of pure cognitive therapy for psychosis versus the integration of third wave CBT techniques

10. Select and demonstrate specific compassion-focused techniques for psychosis as informed by the intervention
11. Select and demonstrate appropriate acceptance and commitment based techniques as informed by the intervention
12. Demonstrate peer supervision for complex cases

Teaching methods:

The workshop will include didactic material, interactive exercises, role-plays, video material, whole group brainstorming and discussion.

Ongoing consultation:

After attending the 2-day training, licensed clinicians have the **option** of ongoing weekly case consultation in person or via teleconference, with monthly review of audio or video session recordings using the CTS-R (James, Blackburn & Reichelt, 2001). Follow-up consultation with tape review is required to gain competence as a CBTp therapist and to become accredited by the Academy of Cognitive Therapy. It is also highly recommended for practice change for all therapists. **However it does not convey any continuing educating credits.**

- One Consultation Session with tape review: \$500 (*includes rating of a taped session on the CTS-R and written feedback in addition to 45 minute consultation*)
- Six months of weekly consultation (24 sessions) with monthly tape review: \$6500
- Six months of bi-weekly consultation (12 sessions) with monthly tape review: \$4000
- Six months of monthly consultation (6 sessions) with tape review: \$2750

N.B. Options for a group consultation and tape review with reduced fee are also available

About the Instructor:

Dr Sally E. Riggs, DCLinPsy is a licensed psychologist and expert in Cognitive Behavioral Therapy for Psychosis with 17 years of experience working in this field in both London, UK and the US. She earned her Doctorate in clinical psychology at Royal Holloway, University of London, UK in 2005, where she was trained in CBTp. She completed her Postdoctoral Research Fellowship at the Aaron T. Beck Psychopathology Research Unit, University of Pennsylvania, during which she designed and facilitated a program to train Masters, Bachelors and Peer-level therapists working in a city community agency in CBT informed interventions for the psychosis milieu. From 2011 to 2015, at Kings County Hospital Center, Brooklyn, she spearheaded a CBT for psychosis treatment track in the Adult Outpatient Department, trained the Early Psychosis Inpatient unit in CBT informed interventions for the psychosis milieu, and trained and supervised clinical staff throughout the hospital in Full CBTp. She founded NYC CBTp in March 2016 to provide evidence-based psychotherapy for psychosis to people throughout the city, and to widen the availability of her training programs to clinicians throughout the tri-state area.

Recommended Readings (in advance of workshop):

- Cognitive Therapy for Psychosis, A formulation based approach – Morrison, A.P., Renton, J.C., Dunn, H., Williams, S. & Bentall, R. P.
- Person Centered Cognitive Therapy for Distressing Psychosis – Chadwick, P.
- Acceptance & Commitment Therapy and Mindfulness for psychosis – Eds. Morris, E.M.J., Johns. L.C. & Oliver, J.E.

Cancellation policy:

Registration can be cancelled or transferred to an alternative date up to 28 days prior to the workshop. Less than 27 days prior to the workshop no refunds will be given.

Continuing education:

Sally E. Riggs, DClInPsy is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0487. 12 contact hours will be available for the completion of the 2-day workshop.

NYC CBTp is approved by the American Psychological Association to sponsor continuing education for psychologists. NYC CBTp maintains responsibility for this program and its content. 12 CE credits will be available for completion of the 2-day workshop.



Further questions please email training@nycbtp.com, or to register go to <http://www.nycbtp.com/open-enrollment-training.html>