

## **Advanced CBT for psychosis training**

February 25<sup>th</sup> & 26<sup>th</sup> 2021

Via live Zoom Webinar

Course Instructor: Sally E. Riggs, DClInPsy

Have you attended a previous training in Full formulation driven CBTp and spent some time working with clients, ideally with case consultation? Looking to take your competence to the next level with schema and core belief change, work with complex cases such as command hallucinations or dual diagnosis PTSD or thinking about the integration of third wave techniques? Then this workshop is for you!

**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 delivered by **Zoom webinar** plus optional 6 months of ongoing consultation.

### **System requirements for webinar:**

- Zoom app for phone or desktop
- An internet connection – broadband wired or wireless (3G or 4G/LTE) minimum speeds 800kbps/1.0Mbps (up/down) for high quality video
- Speaker and a microphone – built-in or USB plug-in or wireless Bluetooth
- A webcam or HD webcam – built-in or USB plug-in
- Headphones – plug-in or wireless Bluetooth.

### **Daily Workshop Schedule:**

**2 day workshop \$650 (early bird special \$600 until January 28<sup>th</sup> 2020)**

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. Demonstrate how to share a formulation effectively with a patient

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 as informed by the specific formulation
6. Demonstrate effective interventions for schema change
7. List 3 key elements of the cognitive therapy for command hallucinations protocol
8. Recite key components shown to be effective in the treatment of dual diagnosis psychosis plus PTSD
9. Describe the pros and cons of pure cognitive therapy for psychosis versus the integration of third wave CBT techniques
10. Select specific third wave CBT techniques as appropriate when informed by the formulation
11. Demonstrate interventions from Compassion Focused Therapy, Metacognitive Therapy, Mindfulness and Acceptance and Commitment Therapy
12. Utilize and 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.**

**About the Instructor:**

Dr Sally E. Riggs, DCLinPsy is a licensed psychologist and expert in Cognitive Behavioral Therapy for Psychosis with 20 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](mailto:training@nycbtp.com), or to register go to <http://www.nycbtp.com/open-enrollment-training.html>