

## **CBT for those at high risk for developing psychosis in future (CHRp)**

March 2<sup>nd</sup> & 3<sup>rd</sup> 2020

576 Fifth Avenue, Room 307, New York, NY 10036

Course Instructor: Sally E. Riggs, DClInPsy

NYC CBTp is excited to announce another new addition to their workshop programming beginning March 2020. Following the success of early interventions for psychosis, both in Europe and the US, researchers began to notice that something clearly identifiable is happening prior to the onset of psychosis which they have termed Ultra High Risk (UHR), At Risk Mental State (ARMS) or Clinical High Risk for psychosis (CHRp), all of which are used synonymously. CBT for those at clinical high risk for psychosis (CBT for CHRp) is an evidence-based treatment, commonly available in Europe, and now more widely available in the US through SAMHSA grants for new CHRp early intervention teams. We are adding this open enrollment workshop to our line-up for individual practitioners who would like to add this evidence based life changing treatment to their repertoire, as well as CHRp team members who are maybe newer to the team and need to get up to speed. In particular clinicians in private practice utilizing CBT with adolescents will find this invaluable to treating those at clinical high risk for psychosis effectively, without having to refer out to specialist psychosis services.

**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 some experience of working with people with psychosis. Some knowledge of the principles of CBT is also necessary.

**Training format:**

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

**Daily Workshop Schedule:**

**2 day workshop \$625 (early bird special \$575 February 3<sup>rd</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. Describe what at risk mental state (ARMS) for developing psychosis means, the risk for transition to psychosis and the importance of identifying people early
2. Demonstrate how to identify someone in this category using a validated assessment tool
3. Explain what are unusual or extraordinary experiences, and how they exist on a spectrum
4. List at least 5 cognitive biases associated with at risk mental states
5. Summarize the concept of normalizing unusual or extraordinary experiences
6. Describe the ABCs of CBT and explain how to use them in both the assessment and treatment of unusual experiences

7. Set operationalized patient-centered goals to track progress over time and utilize empirically supported measures to track change
8. Demonstrate how to utilize meta-cognitive training to help clients detect and reduce their susceptibility to cognitive biases
9. Develop an individualized case formulation using the ABC model
10. Select specific cognitive interventions as informed by the case formulation
11. Select specific behavioral interventions and exposure assignments as informed by the case formulation
12. Summarize the evidence base for using CBT with those in ARMS and its efficacy in preventing transition to psychosis

**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. **However it does not convey any continuing education credits.**

**About the Instructor:**

Dr Sally E. Riggs, DCLinPsy is a licensed psychologist and expert in Cognitive Behavioral Therapy for Psychosis and CBT for CHRp with 18 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 people with and at high risk for psychosis the city, and to widen the availability of her training programs to clinicians throughout the tri-state area.

**Recommended Readings (in advance of workshop):**

- CBT for those at risk for a First Episode Psychosis – Van der Gaag, M., Nieman, D., & Van der Berg, D.
- Early Detection and Cognitive Therapy for people at High Risk of Developing Psychosis: a treatment approach – French, P. & Morrison, A.P.

**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, DClínPsy 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>