

CBT for FEP training

November 30th and December 1st 2020

Via Zoom Webinar

Course Instructor: Sally E. Riggs, DClInPsy

NYC CBTp is excited to announce this new open enrollment workshop due to popular demand. This is a simplified version of our Full CBTp workshop, available in a 2 day format and deliberately targeted for clinicians working in Early Intervention or First Episode Psychosis Services. 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 in the early intervention for psychosis.

Who can attend: licensed mental health professionals, those with a limited permit, or students currently enrolled in a licensure qualifying graduate program who work in FEP services. Participants must have some experience of working with people with psychosis. Some knowledge of the principles of CBT is also necessary. **Completion of our online, on demand Fundamentals Behind CBTp training is also necessary (see <https://www.nycbtp.com/online-courses.html> for more info and to take this course).** **Password for registration for CBT for FEP is available at the end of the Fundamentals Behind CBTp course.**

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 \$699 (early bird special \$649 November 2nd 2020)

8:00am – 9:00am EST: Sign-in for CE credits

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

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

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

Learning Objectives:

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

1. Summarize the evidence base for CBT for psychosis, including key critiques
2. Summarize the ABC model of CBT

3. Demonstrate increased therapeutic alliance and rapport with clients by applying the concepts of empathy enhancement and working within the belief system.
4. Set operationalized, patient-centered goals to track progress over time and utilize empirically supported measures to track change
5. Demonstrate the concept of normalizing
6. List at least five examples of 'curious questions'
7. Demonstrate how to pull relevant information together into a CBT formulation
8. Summarize the concept of coping skills enhancement
9. List two different skills to be developed for clients who hear voices
10. Differentiate between delusions that are amenable to reality testing and those that are not
11. List three ways of generating alternative explanations for delusions
12. Describe the role of homework or action plans in cognitive behavioral skills building

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 as per the North American CBT for psychosis Network (NACBTpN) CBTp Competence Standards <https://www.nacbtp.org/cbtp-competence-standards> **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 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.
- Promoting Recovery in Early Psychosis, A practice manual – French, P., Smith, J., Shiers, D., Reed, M. & Rayne, M.
- Cognitive Behavioral Therapy for Severe Mental Illness – Wright, J. H., Kingdon, D. G., Turkington, D. and Ramirez-Basco, M.

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>