

## Full CBT for psychosis training

September 13<sup>th</sup>-15<sup>th</sup> 2019

80 8th Avenue, Suite 711

New York, NY 10011

Course Instructor: Sally E. Riggs, DClInPsy

NYC CBTp is excited to announce the dates for their next open enrollment training in Full CBT for psychosis in a Midtown Manhattan, NY for Fall 2019. 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 some experience of working with people with psychosis. Some knowledge of the principles of CBT is also necessary.

**Training format:**

The training will entail 3 days of workshops plus optional 6 months of ongoing consultation.

**Daily Workshop Schedule:**

**3 day workshop \$900 (early bird special \$850 August 16<sup>th</sup> 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 three-day workshop participants will be able to:

1. Compare the disease paradigm, stress-vulnerability model and symptom-based approach to psychosis
2. Summarize the cognitive behavioral model and how it applies to psychosis
3. Explain the psychology of hallucinations, delusions, thoughts disorder and negative symptoms
4. List the key scientific theories and evidence that support this psychology
5. Summarize the evidence base for CBT for psychosis, including key critiques
6. Describe three specific techniques for engaging a person with psychosis
7. Demonstrate knowledge of cultural issues which commonly restrict or reduce access to interventions for people with psychosis
8. List the key elements of cognitive, behavioral, affective and longitudinal assessment with examples of questions of how to assess for these
9. List key assessment measures to utilize in assessment, especially for those hearing voices, and in the identification of key goals and problem areas

10. Utilize specific tools such as diaries or record sheets for monitoring current symptoms such as hallucinations or paranoid thoughts
11. Set operationalized patient-centered goals to track progress over time and utilize empirically supported measures to track change
12. Describe the potential significance for practice of social and cultural variation across up to nine domains
13. Describe different possible formulation models for voices, paranoia and negative symptoms and demonstrate the ability to select these appropriately as per case information
14. Develop an individualized case formulation taking into consideration: biological, developmental, psychological, social and environmental factors
15. Select specific cognitive behavioral interventions as informed by the specific formulation
16. Adapt specific cognitive behavioral interventions to the individual based neurocognitive impairment or variations in insight
17. Design and utilize a relapse prevention plan
18. Recite the 12 items on the CTS-R and summarize how to insure the best adherent tape rating possible

**Teaching methods:**

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

**Ongoing consultation:**

After attending the 3-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 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 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.
- Cognitive Therapy of Schizophrenia – Kingdon, D.G. and Turkington, D.
- 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. 18 contact hours will be available for the completion of the 3-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. 18 CE credits will be available for completion of the 3-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>