

# Training and Professional Development

## The Fundamentals Behind CBTp

Online training

Course Instructor: Sally E. Riggs, DClInPsy

NYC CBTp is excited to launch their first online course in the Fundamentals Behind 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. This course will cover key principals that underlie CBTp and is beneficial to both licensed clinicians as a foundational component of their work towards accreditation in CBTp and to front line and milieu staff looking to increase their knowledge and skills in working with people with psychosis and reduce their job-related burnout.

**Who can attend:** anybody working with psychosis in a professional capacity (this training is **not** for family members or friends).

**Training format:**

The training will be entirely online and on demand.

**Learning Objectives:**

By the end of this online training participants will be able to:

1. Summarize the evidence base for CBT for psychosis, including key critiques
2. Explain the concepts of delusions and voice hearing as part of the spectrum of normal human experience
3. Demonstrate increased empathy for voice hearing and delusions by applying at least one empathy generating exercise
4. Describe the concept of “working within a delusional belief system” and be able to recite one reason why we do it

**Teaching methods:**

The workshop will include didactic material, interactive exercises, video material, quizzes and discussion.

**Successful completion:**

In order to successfully complete this online training and be eligible for CE credits participants must:

- Review the material from all 5 modules
- Watch every slide and video to the end
- Complete all quizzes and evaluations
- Post comments to discussion where requested
- Score 75% or higher for evaluation quizzes (maximum 3 attempts)
- Complete and submit the Continuing Education evaluation and feedback form at the end of the workshop

**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.

**Financial & commercial disclosure:**

Dr Riggs and NYC CBTp receive no financial or commercial support for this online training, the content of this training, and gain no commercial support or benefit from endorsement of products. They also report that in the past 12 months they have had no other financial relationship with a commercial organization that produces healthcare goods or services that could be considered a conflict of interest.

**Cancellation policy:**

As this is an online, on demand training, once payment has been made online it cannot be refunded. You will however have access to the material for 90 days to complete at your own pace.

**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. 4 contact hours will be available for the completion of this online, on-demand course.***

**Riggs Psychology, PLLC is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0041.**

***NYC CBTp is approved by the American Psychological Association to sponsor continuing education for psychologists including homestudy. NYC CBTp maintains responsibility for this program and its content. 4 CE credits will be available for completion of this online, on-demand course.***



Further questions please email [training@nycbtp.com](mailto:training@nycbtp.com), or to sign up go to <https://www.nycbtp.com/online-courses.html>

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