

Group CBT for psychosis training tbd 2021

Course Instructor: Sally E. Riggs, DClInPsy

NYC CBTp is excited to repeat a new addition to their training calendar from 2018: an open-enrollment training in Group 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.

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 prior training in individual CBT for psychosis.

Training format:

The training will entail a 1-day workshop aimed at refining and enhancing existing skills

Daily Workshop Schedule:

1 day workshop \$349 (early bird special \$299 until 28 days before)

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 one-day workshop participants will be able to:

1. Summarize the three levels of group understanding, key skills for CBTp group therapists and demonstrate self-awareness of their own learning stage with these skills
2. List the pros and con of utilizing a group co-facilitator and demonstrate skills in utilizing guided discovery in a group setting
3. Describe three different treatment models of group CBT for psychosis and potential settings where each are more or less appropriate
4. Demonstrate knowledge of cultural issues which can commonly impact groups and/or reduce access to Group CBT for psychosis and how to facilitate overcoming these
5. Set operationalized patient-centered goals to track progress over time and utilize empirically supported measures to track change within the group setting
6. Describe twelve potential presentations of the “difficult” group participants and twelve possible solutions for working with such presentations

Teaching methods:

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

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):

- Group CBT for psychosis – a guidebook for clinicians, Lecomte, T, Leclerc, C & Wykes, T. (2016)
- Cognitive Behavioral Social Skills Training for Schizophrenia – a practical treatment guide, Granholm, E. L. & McQuaid, J. R. (2016)
- Cognitive Behavior Therapy for Acute Inpatient Mental Health Units: working with clients, staff and the milieu. Clarke, I. & Wilson, H. (Eds) (2009)

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. 6 contact hours will be available for the completion of the 1-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. 6 CE credits will be available for completion of the one-day workshop.



Further questions please email training@nycbtp.com, or to register go to <http://www.nycbtp.com/open-enrollment-training.html>

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