

## Outline

### Cognitive Behavioral Therapy: Exploring the model

CBT Triad: A tool for psychoeducation and intervention

Empirical support for CBT

Integrative CBT techniques

Cultural considerations for best practice

Research limitations and potential risks

CBT case conceptualization:

Beck's Cognitive Triad

Symptom Maintenance

### Cognitive and Behavioral Interventions

Identifying cognitive distortions

Guided Discovery & Socratic Questioning

Negative core beliefs

Changing and reframing problematic thinking

Hypothesis testing/behavioral experimentation to change unhelpful patterns

Mindfulness, breathing and relaxation

Tools: CBT thought record, worksheets, homework, and apps

### Cognitive Behavioral Therapy for Specific Clinical Issues

#### Anxiety Disorders

CBTs role in managing anxiety and worry

Psychoeducation and reduction of physiological symptoms

Worry time for generalized anxiety

Exposure techniques for:

Generalized Anxiety

Social Anxiety

OCD

#### Trauma

Overview of evidence-based practices

Prolonged Exposure Therapy

Cognitive Processing Therapy

Emotional regulation strategies and skills

Grounding and self-soothing strategies

## Objectives

1. Integrate evidence-based techniques and latest research into treatment using the CBT model.
2. Utilize CBT thought records and worksheets to identify negative self-talk, automatic thoughts, assumptions, and core beliefs
3. Apply CBT case conceptualization and adapt it to a variety of disorders, including anxiety, eating, and mood disorders.
4. Practice behavioral activation, mindfulness, and interpersonal skills techniques.
5. Compare and contrast Young's 18 Early Maladaptive Schemas and apply them to sample cases.
6. Utilize re-parenting techniques to change self-defeating behavioral patterns.

### Eating Disorders

Challenging cognitive distortions

Behavioral interventions for Bingeing and

Restrictive Eating

Hunger Scale and Mindful Eating

### Mood Disorders

Psychoeducation for clients and their families

Behavioral activation for depression

Coping and problem-solving skills for:

Depression

Bipolar Disorder

Seasonal Affective Disorder

Strategies to provide solutions for daily problems

Relapse prevention

### Anger

Identifying triggers & emotional identification

Active feelings vs. dormant feeling

Slowing down and calming techniques

Interpersonal skills:

Assertiveness

Communication

Boundaries

### Schema Therapy

What to do when CBT isn't enough

An expansion of traditional CBT

Emphasis on lifelong patterns and effective change techniques

Special emphasis on re-parenting

The 18 early maladaptive schemas

Core emotional needs and self-defeating coping styles

Schema modes and self-defeating behavioral patterns

Breaking rigid patterns with resistant clients

Integration into long-term therapy

### Live Webinar Schedule - (Times listed in Central)

**8:00** Program begins

**11:50-1:00** Lunch Break


**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

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# Cognitive Behavioral Therapy

## Integrative CBT and Schema Therapy Techniques for Anxiety, Trauma, and Eating Disorders

**LIVE Interactive Webinar**  
**Monday, December 12, 2022**

**BONUS!** – Registration includes FREE on-demand access for 3 months.



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# Cognitive Behavioral Therapy

## Integrative CBT and Schema Therapy Techniques for Anxiety, Trauma, and Eating Disorders



Featuring,  
**Amy Van Arsdale PhD**

- Tools to transform rigid beliefs and self-defeating client behaviors
- What to do if CBT doesn't initially work
- CBT and Schema interventions for emotional regulation
- Take home practical exercises, worksheets and client handouts

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# Cognitive Behavioral Therapy

## Integrative CBT and Schema Therapy Techniques for Anxiety, Trauma, and Eating Disorders

Cognitive Behavioral Therapy is one of the most effective evidence-based treatments for chronic and recurring mental health issues, making it no surprise that CBT is the most widely used form of psychotherapy in the United States.

But when clients are suffering with really challenging issues, like **deep-rooted developmental trauma, destructive relational patterns, and perfectionistic and rigid belief systems, it can make the therapeutic process feel like it's going in circles...**

... and you often end up working harder than the client to effect change.

In this training, Amy Van Arsdale, PhD and CBT expert, will show integrating **CBT and Schema therapy interventions can help you overcome common obstacles** to client progress and **what to do when your initial interventions don't work**. Through use of clinical cases and videos, you will walk away with a set of CBT and Schema Therapy clinical tools to **enhance your practice and breakthrough some of your toughest cases**.

In this training, you will also learn:

- Integrative CBT interventions for anxiety, trauma, mood disorders and more
- How combining Schema Therapy and CBT can make both short and long-term therapy more effective
- Powerful CBT and Schema techniques for healing interpersonal trauma and rigid behavioral patterns
- Practical CBT exercises, worksheets, and resources for immediate use

Leave this training with specific CBT and Schema Therapy tools to **confidently and consistently treat your most difficult and resistant clients!**

### Target Audience:

Psychologists • Psychiatrists • Counselors • Social Workers • Psychotherapists  
Marriage and Family Therapists • Case Managers • Addiction Counselors • Nurses  
Other Mental Health Professionals



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## Meet Your Speaker



**Dr. Amy Van Arsdale, PhD**, is a licensed psychologist with over 15 years of clinical experience. In her private practice, she provides individual therapy, couples therapy, and career counseling. She identifies as an integrative practitioner and specializes in perinatal mental health and vocational psychology. CBT is the foundation of her practice, which she routinely integrates with approaches such as interpersonal, Schema, and multicultural therapy. In her career, Dr. Van Arsdale has worked successfully with patients on a range of concerns including relationship issues, pregnancy and perinatal mental health, career problems, adjustment issues, trauma, mood/anxiety disorders, and other matters.

Dr. Van Arsdale earned a Ph.D. in Counseling Psychology from the University of Florida and received post-graduate clinical training in Perinatal Mental Health at the Postpartum Stress Center in Rosemont, PA. Active in the psychology community, Dr. Van Arsdale currently serves on the Board of Directors of Division 42 (Independent Practice) of the American Psychological Association and has presented at over twenty national and international conferences. Her work has been published in *Practice Innovations*, *Psychotherapy Research*, and *The Counseling Psychologist*, among others, and she is in the process of co-authoring a chapter in the forthcoming *International Handbook of Perinatal Mental Health Disorders*.

In addition to clinical work, Dr. Van Arsdale enjoys teaching. A former professor at Marymount University, she currently provides clinical supervision to doctoral students at the University of Denver Graduate School of Professional Psychology and trains therapists, psychologists and psychiatric residents in Cognitive-Behavior Therapy. She has been a PESI speaker since 2016.

#### Speaker Disclosure:

Financial: Dr. Amy Van Arsdale maintains a private practice, and has an employment relationship with the University of Denver. She receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Amy Van Arsdale is a member of the American Psychological Association.

## CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Marriage and Family Therapists, Nurses, Psychologists, Psychiatrists, and Social Workers.**

For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

#### National CE Credit Approvals For Live Webinar

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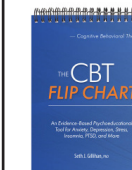
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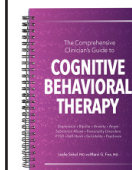
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## Recommended Reading:



**The CBT Flip Chart**  
An Evidence-Based Psychoeducational Tool for Anxiety, Depression, Stress, Insomnia, PTSD, and More  
Seth J. Gillihan, PhD  
~~\$34.99~~ **\$26.99\***

PUB087115



**The Comprehensive Clinician's Guide to Cognitive Behavioral Therapy**  
Leslie Sokol, PhD  
~~\$36.99~~ **\$26.99\***

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