

Outline

Cognitive Behavioral Therapy:
Exploring the Model

Empirical support for CBT
Limitations of the research and potential risks
Evolution of CBT from its initial model to the expanded
CBT's influence on the development of other models (ACT, DBT, schema therapy)
Case Example: 32-year-old depressed female client with underlying beliefs that she is defected and will be rejected

Assessment and Treatment
Planning Through the Lens of CBT

Cross-sectional
Longitudinal conceptualization
Issues in case formulation
Incorporating MI and the stages of change model into the assessment process
Formulating a CBT treatment plan
Case example: A 45-year-old female client with relationship problems and chronic pain

Behavioral Interventions

Behavioral activation
Graded assignments
Pleasure scheduling
Problem solving

Cognitive Interventions

Identifying core beliefs
Eliciting negative thoughts
Recognizing cognitive distortions
Use of reframing, evidence review and de-catastrophizing

The CBT Session, Step by Step

Essential elements of competent CBT:
The Cognitive Therapy Rating Scale
Fostering the therapeutic alliance
Collaboration
Structure and agenda setting
Feedback
Guided discovery
Homework

CBT with Depressive Disorders

Psychoeducation
Transforming anhedonia, changing negative thinking and rumination
Helping clients overcome low energy and lack of motivation
Problem-solving strategies to provide solutions to daily problems
Relapse prevention

Target Audience:

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

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Crisis intervention for active and passive suicidal ideation
Case study: A 59-year-old man with a severe major depressive episode where the depression was related to activity/lack of activity

CBT with Bipolar and Related Disorders

Psychoeducation
Management of manic symptoms
Mood rating and monitoring
Identification of triggers and prodromal symptoms
CBT for medication compliance
Overcoming sleep disturbance

CBT for Anxiety Disorders

CBT's role in managing anxiety and worry
Reducing physiological effects of anxiety
Disrupting rumination, anxiety spirals, and more
Generalized Anxiety Disorder: cognitive and behavioral interventions
Panic Disorder: Cognitive interventions
Situational and interoceptive exposure
OCD: Exposure and response
Prevention (ERP)

Case example: A 40-year-old man presenting with "unexpected" panic attacks which lead to catastrophic cognitions

Cognitive approaches for intrusive thoughts
PTSD: Prolonged Exposure (PE) and Cognitive Processing Therapy (CPT)
Social Anxiety Disorder: Exposure and cognitive approaches

Case Example: A 40-year-old man with intrusive thoughts regarding sexual assault

Special Issues

Multicultural considerations
Interpersonal and family issues
Other common issues in treatment delivery

Learning Objectives can be viewed at pesi.com/webcast/89753

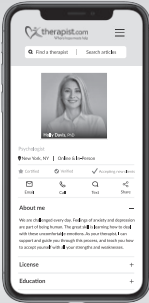
Live Webinar Schedule - both days
(Times listed in Mountain)


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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Featuring **John Ludgate, PhD**,
CBT Expert and Founding Fellow of the
Academy of Cognitive Therapy

- Step-by-step process to maximize CBT effectiveness
- Easy-to-use customizations to make CBT more flexible than ever before
- Advanced strategies for fully addressing emotions in session

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Advanced CBT Training

Evidence-Based Interventions for Chronic Anxiety, OCD, Depression, Trauma and PTSD

CBT is often considered the **“gold standard”** of evidence-based treatments and **among the most widely accepted** approaches to effectively treat chronic, recurring, and challenging mental health issues such as anxiety, OCD, PTSD, depression, and more.

This training will offer you a complete step-by-step guide to easily advance your CBT practice.

You'll walk away with:

- ✓ Straightforward, science-backed, tools to help clients recover more quickly
- ✓ Strategies to promote long-lasting change in clients with complex comorbidities
- ✓ Advanced strategies for fully addressing emotion in session
- ✓ Security knowing your interventions are evidence-based and up-to-date

As your trainer and **one of the most trusted names in CBT**, Dr. Ludgate is the Founding Fellow of the Academy of Cognitive Therapy and trained under Cognitive Therapy's founder Dr. Aaron Beck at the Center for Cognitive Therapy. Dr. Ludgate is the perfect person to teach you how to **get the most out of your CBT, skillfully apply it to a variety of settings and case scenarios, and make it easy to integrate with other approaches** you might already be using.

Join hundreds of your colleagues who've taken this **best-selling training**, and **register now!**

Here's what your colleagues are saying about Dr. Ludgate!

★★★★★

“Excellent presenter and content. Probably the best training I have attended in 25 years of practice.”
- Susan F.

“Excellent, humorous, and articulate speaker with much knowledge of his specialty. Was pleasant, interesting and able to keep my interest and attention throughout the presentation.”
- Beth C.

“This was the best training I have attended in ages. The presenter is the most articulate person, explained things in a way I retained them and carried the strategies into my daily work immediately. He has helped me feel confident in practice. Great trainer and great content!!”
- Catherine S.

“I loved the course and especially John Ludgate, who was extremely knowledgeable, experienced, imparted a vast amount of information and was FUN to listen to! The time whizzed by...I highly recommend him and the course.”
- Susan S.

★★★★★



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Meet Your Speaker



North Carolina.

John is a native of southern Ireland and obtained a master degree in clinical psychology from the University of Edinburgh in Scotland, and a PhD from Trinity College, Dublin, Ireland in 1990. In the early 1990's, Dr. Ludgate was a research clinical psychologist at the University of Oxford in England and served as cognitive therapist in several outcome studies of panic disorder, agoraphobia, social phobia and hypochondriasis.

He authored *Cognitive Behavioral Therapy and Relapse Prevention for Depression and Anxiety* (Professional Resources Press, 2009) and was co-editor with Wright, Thase and Beck of *Cognitive Therapy with Inpatients: Developing a Cognitive Milieu* (Guilford Press, 1993). His other books include *Overcoming Compassion Fatigue* (PESI, 2014 co-authored with Martha Teater and *The CBT Couples Toolbox* (PESI, 2018). He has written numerous journal articles and book chapters in the field of Cognitive Behavior Therapy for Anxiety and Depression. He has presented many seminars and workshops on cognitive behavioral approaches, both nationally and internationally.

Speaker Disclosure:

Financial: Dr. John Ludgate is the owner and President of CBT Training & Consultancy, Inc. He has an employment relationship with the Cognitive Behavioral Therapy Center of WNC. He receives a speaking honorarium and recording and book royalties from PESI, Inc. Dr. Ludgate receives royalties as a published author. He has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. John Ludgate is a member of the Academy of Cognitive Therapy and the Association for the Advancement of Behavioral and Cognitive Therapy.

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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.

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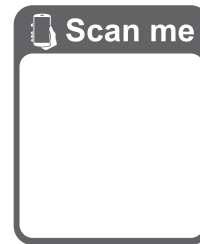
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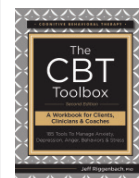
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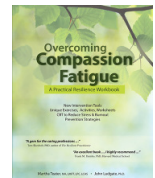


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