



Course: promoting change in complex cases with schema focused therapy

Address: <https://asadis.net/en/course/promoting-change-complex-cases-schema-focused-therapy/>

Duration: 3h

Type of course: continuing education

Location: online course

Individual price: \$120.00

Overview:

Cognitive-behavioral therapy is widely considered the gold standard treatment of psychotherapy. However some clients don't respond to standard protocols, and a number of approaches, still considered under the CBT "umbrella" have been adapted to meet the specific needs of different populations. Schema therapy is one such treatment that continues to show promise for what used to be considered "treatment-resistant" patients. Individuals struggling with personality disorders, addictions, and other impulsive and destructive behaviours are amongst those considered to be the most challenging to reach, and many practitioners often feel ill equipped to deal with them. Attend this full day workshop with internationally recognized personality disorders expert Dr. Jeff Rigenbach as he presents an integrated schema-focused cognitive model for dealing with your most challenging cases. This unique, chock-full training will teach you practical strategies to implement with individuals struggling with BPD, addictions, Impulse control problems, and other emotionally dysregulated or Cluster B presentations. Leave this engaging workshop with a plethora of new tools in your toolbox that you can implement tomorrow to help you get unstuck and facilitate meaningful change that lasts. Moreover, leave with a renewed hope that you are now more equipped to deal with even the most clients that walk through your door.

Learning objectives:

1. Understand the Relationship between SFCT and Standard SCT, DBT, and ACT Schema Focused therapy
2. Assess how schemas drive a patient's challenging behaviours and leverage them to promote recovery
3. Utilize behavioural pattern-breaking to end long-standing cycles of destructive behaviour

4. Use internalization exercises and augment CBT protocols with deeper level work to prevent relapse

Learning material:

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

Audience: This training is intended for mental health professionals.

The expert, Dr. Jeff Rigenbach

Jeff Rigenbach, Ph.D. is a three-time best-selling and award winning author, speaker, and trainer who uses his 20 years of clinical experience to inform his workshops on assessment and treatment of “challenging” cases. As part of his training with The Beck Institute of Cognitive Therapy and Research in Philadelphia, Jeff developed and directed personality disorder treatment programs in two different psychiatric hospitals. Over the course of 15 years, he and his staff treated over 500 patients with personality disorders. Additionally, he has run cognitive-behavioural based treatment programs for depression, anxiety, OCD and IOP programs for behavioural health as well as addictive behaviour disorders. Dr. Rigenbach has trained audiences in all 50 United States, the UK, Canada, Mexico, Australia, and South Africa. He is known for bridging the gap between academia, research findings and day-to-day application of practical strategies with everyday clients, and his sessions routinely receive the highest evaluations in terms of quality of information as well as entertainment value from conference participants.

Syllabus

PowerPoint

Foundations of Schema Focused CBT

Introduction

History of the program

Cognitive behaviour therapies

Understanding and Unraveling Complexity

What makes a client or a case “challenging”

What makes someone -challenging

Schema focused CBT socializing to the model

Schema- focused CBT- definitions

Role of schemas in information processing

Schema - focused CBT- beliefes-schemas

Schema focused therapy- 5th domains

Strategic Approaches for Schema Change

3 characteristics of schemas

Schema reinforcement process

Treatment principles

Schema change strategies

Schema modification protocol

Group treatment

CB chain analysis

Integrated DBT-SFT case study

Schema based cognitive therapy internalization work

Internalization work- adding a but

Conclusion

Bibliography