



Course: cbt for couples and relationship problems

Address: <https://asadis.net/en/course/cbt-for-couples-and-relationship-problems/>

Duration: 3h

Type of course: continuing education

Location: online course

Individual price: \$120.00

Overview:

CBT has proven highly effective in treating relationship issues experienced by couples. To help you adapt CBT to couples' specific needs, Dr. John Ludgate—who has more than 30 years of clinical experience, was trained by Aaron Beck, and is the author of several CBT books—has created a workshop that focuses on the steps and techniques that truly make a difference in couples therapy.

Through hands-on exercises and real-life clinical cases, you will explore techniques to:

- Conduct a thorough assessment of the problem by identifying and exploring both cognitive and behavioral dimensions- Conceptualize problems and share your treatment framework with clients so they understand the goals and process of therapy- Focus on the relationship rather than individual concerns, ensuring that both partners work collaboratively toward change- Explore the benefits and costs of relationship change, guiding couples to see the value of mutual responsibility- Prevent triangulation and over-identification, including how to utilize a co-therapist to maintain objectivity and balance- Set and enforce ground rules for in-session conflict, transforming difficult interactions into growth opportunities- Encourage a positive focus by emphasizing requests over complaints and helping partners shift their communication patterns- Integrate advanced strategies from mindfulness, Dialectical Behavior Therapy (DBT), and positive psychology to enhance standard CBT interventions- Establish concrete goals and create an actionable plan, prioritizing interventions for maximum effectiveness- Plan for maintenance and relapse prevention, ensuring that the progress made in therapy endures over time

By the end of this workshop, you will be equipped with evidence-based techniques and a clear roadmap for applying CBT to couples, helping them navigate challenges and develop healthier, more fulfilling

relationships.

Learning objectives:

1. Understand the CBT model as it applies to couples
2. Assess the problems and set up a therapy plan
3. Implement evidence-based CBT strategies in a couple context
4. Integrate mindfulness, motivational interviewing, DBT and positive psychology into the treatment of relationship problems

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 course is intended for mental health professionals.

The expert, Dr. John Ludgate

Dr. John Ludgate, PhD, is a licensed psychologist and a psychotherapist who has trained at the Center for Cognitive Therapy under Dr. Aaron Beck, the founder of Cognitive Therapy. He currently works at the CBT Center of Western North Carolina, located in Asheville, NC. He specializes in treating mood, anxiety, relationship, and relationship disorders. In addition to having an active clinical practice, he is involved in training and supervision in CBT. Dr. Ludgate has published many books, including *Maximizing Psychotherapeutic Gains and Preventing Relapse in Emotionally Distressed Clients*, *Cognitive Therapy with Inpatients: Developing a Cognitive Milieu*, *Cognitive-Behavioral Therapy and Relapse Prevention for Depression and Anxiety*, *Heal Yourself: A CBT Approach to Reducing Therapist Distress and Increasing Therapeutic Effectiveness*, *Overcoming Compassion Fatigue: A Practical Resilience Workbook* and the *CBT Couples Toolbox*. He has written numerous journal articles and book chapters in the field of Cognitive Behavior Therapy for anxiety and depression, and has presented many seminars and workshops on cognitive behavioral approaches, both nationally and internationally. He is a Founding Fellow of the Academy of Cognitive Therapy and serves on the Credentialing Committee of the Academy.

Syllabus

PowerPoint

Introduction

Theoretical Foundations of Couples CBT

Historical Overview of Couple CBT

CBT Model Applied to Couples

Applications of CBT for Relationship Approaches

Overview of CBT for Couples

Ground Rules

Assessment and Cognitive Exploration

Assessment Phase

Scales and Questionnaires

Assessment of Cognitive and Behavioral Factors

Identifying Thought-Feeling Link

Cognitive Appraisal- Components

Recognizing Distortions

Cognitive Re-Appraisal Strategies

Assumptions v Actuality

Intervention Strategies

Behavioral Interventions

Effective Communication

The Four Horsemen (Gottman)

Problem Solving for Couples

Mindfulness Strategies

Other ACT& Mindfulness Strategies

Positive Psychology Applied to Couples

Other Issues

Conclusion

Handouts

Bibliography