Course: cbt for depressive disorder: a clinician's guide

Address: https://asadis.net/en/course/cbt-for-depressive-disorder-a-clinicians-guide/

Duration: 3h

Type of course: Continuing education

Location: Online course

Individual price: $120.00

Overview:
Major Depressive Disorder (MDD) is notoriously challenging to overcome, as its core symptoms include a lack of energy and self-defeating thoughts. To support you in guiding your clients toward recovery, Dr. Deborah Schwartzman, an experienced clinician, has compiled the most effective clinical techniques and best practices into a definitive guide. This comprehensive resource focuses on treating MDD and related depressive disorders using Cognitive Behavioral Therapy (CBT).

You will be guided through a comprehensive CBT protocol, focusing on the assessment, conceptualization, and development of individualized treatment plans for clients with MDD and its specifiers.

Evidence-based strategies, such as safety planning, behavioral activation to alleviate inactivity and anhedonia, cognitive restructuring to challenge maladaptive thought patterns and schemas, will be covered.

Additional topics include mood regulation strategies, problem-solving skills and communication techniques to address daily challenges.

In this workshop, Dr Schwartzman will also present relapse prevention methods to equip clinicians with tools to help sustain therapeutic progress and improve long-term well-being.

By the end of this workshop, you will have a thorough understanding of how to apply these evidence-based CBT interventions to enhance mental health outcomes for clients with depressive disorders.
Learning objectives:
1. Develop individualized treatment plans for clients with Major Depressive Disorder (MDD) and related

depressive disorders
2. Implement evidence-based strategies such as safety planning, behavioral activation, and cognitive restructuring to manage symptoms and improve client outcomes
3. Apply relapse prevention methods to sustain therapeutic gains and support long-term mental health and well-being for clients with depressive disorders

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. Deborah Schwartzman, psychologist, is an experienced psychologist who provides clinical services to a wide variety of clients and patients. She however specializes in providing support and treatment for individuals struggling with post-traumatic stress disorder, anxiety disorders, and mood disorders.

She has extensive research and clinical experience in Cognitive Behavioural Therapy (CBT), a well-established and evidence-based approach. In addition to her clinical work, Dr. Schwartzman provides clinical training and supervision to graduate students and interns as well as mental health professionals.

Syllabus
PowerPoint
Introduction
Foundations and Assessment in Treating Depression
Introduction to Major depressive disorder and other depressive disorders
Understanding the dimensions of MDD
Why CBT
Assessment
Risk Assessment & Management
Case Conceptualization
Core CBT Techniques and Skills Depression
CBT Treatment Components & Session Structure
Psychoeducation
Cognitive Interventions
Identifying Distorted Toughts
Identifying Maladaptive Schemas
Cognitive Restructuring
Examples of Cognitive Restructuring
Additional Cognitive Strategies
Introduction to Behavioural Interventions
Activity Scheduling 1- Lifestyle Adjustments

Activity Scheduling 2- Overcoming Inactivity
Activity Scheduling 3- Mindful Awareness & Values-Based Goals
Additional Skills Training
Relaxation Training & Emotional Awareness
Specifiers & Other Considerations
Relapse Prevention & Termination
Conclusion

Evaluation:
To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.
These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*