



## **Course: effective cognitive behavioural therapy strategies to work with negative cognitions**

**Address:** <https://asadis.net/en/course/effective-cbt-strategies-work-negative-cognitions/>

**Duration:** 5h

**Type of course:** continuing education

**Location:** online course

**Individual price:** \$200.00

### **Overview:**

Cognitive behavioural therapy (CBT) is a complex therapeutic model. It rests upon a sound therapeutic relationship, a comprehensive assessment of the client and his or her needs, a case conceptualization that evolves as experience with the client develops, and the selection of interventions based on the case conceptualization that has demonstrated efficacy. CBT incorporates a wide number of specific interventions, including those focused on behaviour change, negative cognition, the assessment, and the potential change of dysfunctional core beliefs. This workshop is presented by a noted international speaker. It incorporates both didactic and conceptual information, several illustrative role-plays that demonstrate how to work effectively with clients to first assess and understand their negative cognitions, and appropriate interventions based on the therapist's understanding of those thoughts and appraisals. One of the critical distinctions made in the workshop is that when negative appraisals appear to be distorted, the therapist should select one of several evidence-based interventions. In contrast, when negative cognitions appear to accurately represent the client's life circumstances, the therapist will have more success in examining alternative ways to think about the situation that may be more adaptive. The therapist also may address the meanings that the client attaches to the situation. In the former case, the therapist can continue to work at the level of -5 thoughts, whereas examining the meanings attached to negative thoughts will lead to the assessment and potential modification of core beliefs. Several specific strategies of this sort are both discussed and presented in the workshop, so that the therapist may select those interventions that have the highest likelihood of success.

### **Learning objectives:**

1. Conceptualize the role of negative thoughts in various forms of psychopathology
2. Assess negative thinking in cognitive behavioural therapy
3. Understand and be able to select appropriate interventions that focus on negative automatic thoughts
4. Conceptualize the role of core beliefs in the genesis of negative automatic thoughts, and strategies to work with negative core beliefs

**Learning material:**

This workshop includes theory as well as clinical examples. It includes videos of 5 to 15 minutes each. The power-point of the workshop can be downloaded.

**Audience:** This training is intended for mental health professionals.

**The expert, Prof. Keith Dobson**

Prof. Dobson is a Professor of Clinical Psychology at the University of Calgary. His research has focused on both cognitive models and mechanisms in depression, and the treatment of depression, particularly using cognitive-behavioural therapies. In addition to his research in depression, Dr. Dobson has examined psychological approaches and the integration of evidence-based treatments in primary care. He has written about developments in professional psychology and ethics and has been actively involved in organized psychology in Canada, including a term as president of the Canadian Psychological Association. Dr. Dobson is also a principal investigator for the Opening Minds program of the Mental Health Commission of Canada, with a focus on stigma reduction related to mental disorders in the workplace. Prof. Dobson's research has resulted in over 300 published articles, 80 chapters, 17 books, and conference and workshop presentations in many countries. His recent books include the Handbook of Cognitive-behavioral Therapies, 4th Edition (2019, Guilford Press), Law, Standards and Ethics in the Practice of Psychology, 4th Edition (2021, Thomson Reuters), and The Stigma of Mental Illness (2021, Oxford University Press). Dr. Dobson is a fellow of several organizations, including the Canadian Academy of Health Sciences and the Royal Society of Canada.

**Syllabus**Basic ideas about CBT

Basic ideas of Cognitive Behavioral Therapy (CBT)

Major methods to work with negative cognitions in CBT

Identifying automatic thoughts

Putting it all together

Roleplay- Looking to the future