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:
Navigating our clients' negative thoughts and beliefs presents a unique challenge. How do we discern between distorted negative appraisals and cognitions that truly mirror life's realities? And further, how can we differentiate an automatic thought from a core belief?

To delve deeper into these queries, we invited Professor Emeritus Keith Dobson to share his expertise in Cognitive Behavioural Therapy (CBT) through an advanced workshop designed to extend far beyond foundational principles. This course provides unparalleled insights into:

• Advanced case conceptualization techniques;
• Assessing and intervening with negative thoughts;
• Assessing and intervening with core beliefs.

In this course, you will master the art of conducting a thorough assessment of the client's needs, establishing a strong therapeutic relationship, and refining your case conceptualization as the client progresses. Learn to select the most effective interventions based on an evolving case conceptualization, and discern the optimal timing for targeting behavior changes, negative cognitions, or dysfunctional core beliefs.

This workshop 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

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. 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

PowerPoint
Presentation
Course outline
<u>Basic ideas about CBT</u>
Basic ideas of Cognitive Behavioral Therapy (CBT)
The CBT model
Early maladaptive schemas and their processes
Cognitive distortions
Other issues about case conceptualization

The typical process of CBT
Major methods to work with negative cognitions in CBT
Identifying automatic thoughts
Roleplay- Identifying automatic thoughts
Acting on automatic thoughts - Evidence-based method
Roleplay- Evidence-based session
If there is a real problem
Acting on automatic thoughts - Alternative-based methods
Roleplay- Alternative-based session
Methods to identify core beliefs and schemas
The work and the ethics of schemas
Working with core beliefs
Roleplay- Working on core beliefs
Putting it all together
Roleplay- Looking to the future
Accepting core beliefs
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*