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:
Individuals struggling with personality disorders, impulsive and destructive behaviors are among the most challenging to reach and connect with. In sessions, they can be easily triggered, present extreme thinking patterns, experience intense feelings, and challenge boundaries. Often, they do not respond to standard treatment protocols. Fortunately, Schema-Focused Therapy is showing increasingly positive results for these patients.

In this workshop, Dr. Jeff Riggenbach will present the integrated schema-focused cognitive model, providing you with clinical tools to effectively address these challenging cases. This comprehensive training will equip you with practical strategies to implement with individuals struggling with Borderline Personality Disorder (BPD), addictions, impulse control issues, and other emotionally dysregulated or Cluster B presentations.

It will cover:

• An overview of the following models: schema-focused CBT, Dialectical Behavior Therapy (DBT), and schema therapy
• What makes people “challenging”?
• The role of schemas in information processing
• The 18 early maladaptive schemas grouped into five different domains: disconnection and rejection, impaired autonomy and performance, impaired limits, other-directedness and overvigilance
• The various characteristics of schemas and their reinforcement
• The schema modification protocol and the states of change

• “Top Down” vs. “Bottom Up” interventions
• Integrated case studies

Dr. Jeff Riggenbach will emphasize the importance of the therapeutic alliance. He will introduce effective techniques for both individual and group interventions, fostering better outcomes. This comprehensive training will prepare you for the most demanding clinical challenges!

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

Jeff Riggenbach, 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. Riggenbach 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

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*