

Course: relapse prevention for depression and anxiety using cbt strategies.

Address: <https://asadis.net/en/course/relapse-prevention-for-depression-and-anxiety-using-cbt-strategies/>

Duration: 3h

Type of course: Continuing education

Location: Online course

Individual price: \$120.00

Overview:

Despite the proven benefits of Cognitive-Behavioral Therapy (CBT), many clients and patients still experience relapse. To address this challenge, specific strategies that support sustained recovery can be woven into psychotherapy practice.

In this workshop, Dr. Ludgate examines the factors contributing to relapse and offers targeted clinical strategies to enhance long-term outcomes.

He provides an in-depth exploration of:

- Predictors of long-term outcomes
- Key targets for a relapse prevention approach
- Evidence-based techniques for optimizing maintenance
- Methods for estimating relapse risk
- Structured relapse prevention plans
- Strategies to disrupt the relapse cycle
- Practical clinical guidelines

By the end of this hands-on workshop, you will be equipped to implement evidence-based relapse prevention strategies both during therapy and as part of a comprehensive pre-termination process.

Learning objectives:

1. Gain knowledge of the incidence of relapse in depression and anxiety
2. Understand the risk factors related to relapse for depressed and anxious clients
3. Implement evidence-based CBT strategies to reduce the likelihood of relapse

4. Implement effective ways to use CBT with clients who have relapsed

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 psychotherapy experts

The expert

Dr. John Ludgate is a licensed psychologist and Founding Fellow of the Academy of Cognitive Therapy, where he serves on the Credentialing Committee. He received his clinical training directly under Dr. Aaron Beck, the founder of Cognitive Therapy, at the Center for Cognitive Therapy. With over 30 years of clinical practice, Dr. Ludgate specializes in treating mood disorders, anxiety disorders, and relationship problems at the CBT Center of Western North Carolina in Asheville. He maintains an active clinical practice while providing advanced training and supervision in Cognitive Behavioral Therapy to mental health professionals nationally and internationally. Dr. Ludgate has authored numerous influential books in the field, including CBT Couples Toolbox, Maximizing Psychotherapeutic Gains and Preventing Relapse in Emotionally Distressed Clients, Cognitive Therapy with Inpatients: Developing a Cognitive Milieu, Overcoming Compassion Fatigue: A Practical Resilience Workbook, and Heal Yourself: A CBT Approach to Reducing Therapist Distress and Increasing Therapeutic Effectiveness. He has published extensively in peer-reviewed journals and contributed chapters to major cognitive behavioral therapy texts. His presentations and workshops on CBT approaches to anxiety, depression, and relationship problems have reached audiences across North America, Europe, and Asia. His work focuses on translating evidence-based research into practical clinical applications that therapists can immediately implement in their practice.

Syllabus

PowerPoint

Introduction

Foundations and Historical Context

A Little History

Effectiveness of CBT with Mood Disorders

CBT and Anxiety Disorders

Relapse Prevention Strategies

Predictors of Poor Outcome-Relapse

Predictors of Outcome in Anxiety with tx Implications

Estimating Risk & Treatment & RP Plan

Relapse Prevention Strategies and Guidelines

Relapse CBT Model

Relapse Cycle Example

Overview of Relapse Prevention

Early in Therapy

Throughout Therapy

Pre-termination sessions

Road Journey Metaphor

Relapse Prevention Phase of CBT

Maintenance and Therapist Well-being

Life Style Modification

Mindfulness in CBT of Depression

Setting Up Booster-Maintenance Phase Sessions

CBT with Client in Relapse

Effects of Relapse on Therapist

Conclusion

Bibliography

Additional Resources

Handouts

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).

Accessibility support: This training is offered as a pre-recorded video format, without subtitles. If you have a disability, we can provide an adapted alternative (technical assistance for viewing or individual supervision). For any request, please contact our disability coordinator at the following address: contact@asadis.net

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