



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:

Cognitive Behavioral Therapy (CBT) is a highly effective first-line treatment for depression and anxiety. Yet, despite its proven benefits, a significant number of clients and patients still experience relapse. To address this challenge, specific strategies that support sustained recovery can be integrated into psychotherapy.

In this workshop, Dr. Ludgate reviews the literature on relapse in depressive and anxiety disorders and introduces clinical strategies to address factors associated with relapse. 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 the 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

Dr. John Ludgate, PhD, is a licensed psychologist and a psychotherapist who has trained at the Center for Cognitive Therapy under Dr. Aaron Beck, the founder of Cognitive Therapy. He currently works at the CBT Center of Western North Carolina, located in Asheville, NC. He specializes in treating mood, anxiety, relationship, and relationship disorders. In addition to having an active clinical practice, he is involved in training and supervision in CBT. Dr. Ludgate has published many books, including Maximizing Psychotherapeutic Gains and Preventing Relapse in Emotionally Distressed Clients, Cognitive Therapy with Inpatients: Developing a Cognitive Milieu, Cognitive-Behavioral Therapy and Relapse Prevention for Depression and Anxiety, Heal Yourself: A CBT Approach to Reducing Therapist Distress and Increasing Therapeutic Effectiveness, Overcoming Compassion Fatigue: A Practical Resilience Workbook and the CBT Couples Toolbox. He has written numerous journal articles and book chapters in the field of Cognitive Behavior Therapy for anxiety and depression, and has presented many seminars and workshops on cognitive behavioral approaches, both nationally and internationally. He is a Founding Fellow of the Academy of Cognitive Therapy and serves on the Credentialing Committee of the Academy.

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

Handouts

Bibliography