



## **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**

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