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:
Successful acute treatment does not guarantee lasting recovery. Even after evidence-based CBT, approximately 30% of clients with depression or anxiety will experience symptom return within two years. This gap between short-term response and long-term outcome reveals a fundamental challenge: relapse prevention requires different clinical thinking than symptom reduction.

In this course, you will learn to reconceptualize relapse as a cognitive-behavioral process rather than disease recurrence. You will develop systematic approaches to risk assessment, integrating prevention strategies throughout treatment rather than relegating them to final sessions. Dr. Ludgate draws on longitudinal outcome research and decades of clinical practice to present protocols that address the full treatment arc.

You will deepen your understanding of empirically validated relapse predictors across depression and anxiety disorders. You will strengthen your ability to estimate individual relapse risk using client characteristics, end-of-treatment variables, and environmental factors. You will implement structured prevention protocols including early warning systems, high-risk situation planning, and cognitive rehearsal techniques. You will integrate mindfulness approaches and lifestyle modification strategies that research demonstrates reduce relapse rates by half in high-risk populations.

The course provides frameworks for individualizing maintenance planning based on risk stratification. You will learn to structure booster sessions that reinforce client autonomy rather than therapist dependence. You will develop approaches for working with clients who have relapsed, applying cognitive models to interrupt the relapse cycle. Clinical case examples illustrate risk assessment and intervention planning across varied

presentations.

These skills will enable you to move beyond acute symptom management toward durable therapeutic outcomes. You will be equipped to prepare clients systematically for the highest-risk post-remission period. Your clinical practice will reflect the reality that effective CBT includes explicit preparation for challenges that emerge after formal treatment ends.

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 in Philadelphia.

With over 30 years of clinical practice specializing in mood disorders, anxiety disorders, and relationship problems, Dr. Ludgate maintains an active practice at the CBT Center of Western North Carolina in Asheville while providing advanced training and supervision in Cognitive Behavioral Therapy to mental health professionals internationally.

Dr. Ludgate is the author of Maximizing Psychotherapeutic Gains and Preventing Relapse in Emotionally Distressed Clients, the seminal clinician guide that translates longitudinal outcome research into practical relapse prevention protocols. His other influential publications include CBT Couples Toolbox, 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.

His research on predictors of long-term outcome in CBT for depression, including a landmark 5-year follow-up study of 80 depressed outpatients, has informed evidence-based approaches to risk stratification and maintenance planning. Dr. Ludgate has published extensively in peer-reviewed journals and contributed chapters to major cognitive behavioral therapy texts on relapse prevention and treatment outcome.

His presentations and workshops on CBT approaches to anxiety, depression, relapse prevention, and relationship problems have reached audiences across North America, Europe, and Asia. His clinical work

focuses on translating longitudinal outcome research into systematic protocols that therapists can implement throughout the treatment arc, from acute intervention through maintenance and booster sessions.

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
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).

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