

Advanced Cognitive Behavioral Techniques For Lasting Change

Cognitive Behavioral Therapy (CBT) is one of the most effective forms of psychotherapy, a gold standard treatment that can be applied to a wide range of psychological disorders. With hundreds of randomized controlled trials to demonstrate its impact, cognitive behavioral therapy has been shown to be one of the most efficacious and well-validated forms of treatment within the mental health community. However, many clinicians struggle to effectively implement it a powerful way with their clients. Join clinical psychologist, author, and international speaker Jonah Paquette for an exciting hands-on workshop aimed to help bring your knowledge and skills related to CBT to the next level. Complete with over 50 techniques aimed towards changing thoughts and behaviors, this workshop can transform your practice.

This seminar will provide you with a deeper understanding of how CBT can be applied to a wide range of problems, and will help you master the core competencies of CBT treatment. In addition, attendees will be provided with powerful, practical, and easy-to-use tools that you can use in your clinical practice starting right away. Through didactic presentation, hands-on practice, and opportunities for reflection, you'll learn how to expertly apply these approaches into your life and your clinical work. You'll leave equipped to improve your clinical skills and achieve better therapeutic outcomes with even your most challenging clients.

Target Audience

Psychologists Social Workers Counselors
Therapists Psychiatrists Nurses
Course level: Intermediate

Learning Objectives

At the end of this seminar, participants will be able to:

1. Explain how maladaptive cognitions originate and are maintained throughout the lifespan, and describe the core cognitive distortions that manifest across disorders
2. List several methods of setting an effective agenda when working with challenging clients, and explain common errors that can be made pertaining to setting a successful agenda
3. Identify key sources of therapeutic resistance and how to navigate these clinical challenges
4. Utilize over 30 specific techniques to facilitate cognitive restructuring
5. Explain how mindfulness and acceptance-based approaches can complement cognitive-based approaches, and integrate these into practice

Seminar Schedule

Begin 12 PM EST and end 7:00 PM, with 15 minute breaks at 1:30 and 5:30, and a 30 minute lunch break at 4 PM

Outline

Happiness 101

An Overview of CBT
Core Principles
Thoughts, Beliefs, Schemas, and Distortions
Common Maladaptive Mindsets
A Review of 10 Core Cognitive Distortions
Break 1:30-1:45 PM ET
CBT in Action: The Key Processes
How to foster an effective alliance
Methods and Interventions
Lunch Break 4-4:30 PM ET
Key Techniques
A review of over 30 approaches to change maladaptive thoughts
Integrating Mindfulness and CBT
How mindfulness complements cognitive behavioral approaches
Break 5:30-5:45 PM ET
Cognitive Defusion
An overview of 15+ defusion practices
End 7 PM ET

Our seminars are available in two formats. The first is a live, interactive webinar. You can ask questions of our presenters, either by typing them or speaking into a microphone. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test as many times as necessary to pass. Participants will earn 6 CE's for attending once they have completed these requirements.

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The Presenter

Jonah Paquette, PsyD, is a licensed clinical psychologist, speaker, and author. He is the author of *Real Happiness: Proven Paths for Contentment, Peace, and Well-Being* (PESI Publishing, 2015), a research-based self-help book in which he distills the key findings in the fields of happiness, and offers user-friendly tools to achieve lasting well-being. His second book, *The Happiness Toolbox* (PESI Publishing, 2018), a research-based self-help workbook, provides easy-to-use handouts and worksheets designed to increase happiness and life satisfaction.

Dr. Paquette is a psychologist at Kaiser Permanente in the San Francisco Bay Area, where he conducts group and individual psychotherapy, performs crisis evaluations, and serves as the Training Director for an APA-Accredited postdoctoral residency program. In addition to his clinical work and writing, Dr. Paquette offers training and consultation to therapists and organizations on the promotion of happiness and conducts professional workshops around the country. He is also a frequent media contributor, having been featured regularly in print, online, and radio outlets. Dr. Paquette's clinical experiences have spanned a broad range of settings, including Veterans hospitals, community mental health clinics, college counseling centers, and his current work at Kaiser Permanente.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

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