



Training and Professional Development

CBT for FEP training

Hybrid format of online, on-demand plus three live Zoom webinars

Online material goes live on **January 8th, 2024**

Live Zoom webinar **February 5th, 12th & 19th, 2024, 4pm-7:30 pm EST**

Registration closes January 19th, 2024

Course Instructor: Lauren Gonzales, PhD

Registration cost: \$1099 (early bird special \$999 until January 8th, with code earlybird2024)

We have transitioned all CBT for FEP trainings to a new hybrid format. They will now consist of material to work through online, on-demand, plus three live 3-hour webinar to consolidate this material with experiential exercises. This will help maximize learning and minimize zoom fatigue.

We are excited to repeat this popular training in 2024: an open-enrollment training in CBT for FEP. This is a simplified version of our Full CBTp workshop, deliberately targeted for clinicians working in Early Intervention or First Episode Psychosis Services. CBT for psychosis (CBTp) is an evidence-based treatment, commonly available in Europe, and recommended by best practice guidelines in both the US and the UK in the early intervention for psychosis.

Who can attend: licensed mental health professionals, those with a limited permit, or students currently enrolled in a licensure-qualifying graduate program who work in FEP services. Participants must have some experience of working with people with psychosis. Some knowledge of the principles of CBT is also necessary.

Training format:

Online, on-demand material to work through, **plus** three live interactive 3-hour **Zoom webinars** (15 hours of material total)

System requirements for webinar:

- Zoom app for phone or desktop
- An internet connection – broadband wired or wireless (3G or 4G/LTE) minimum speeds 800kbps/1.0Mbps (up/down) for high quality video
- Speaker and a microphone – built-in or USB plug-in or wireless Bluetooth
- A webcam or HD webcam – built-in or USB plug-in

Headphones – plug-in or wireless Bluetooth

1392 Madison Ave., Suite 183 New York, NY 10029

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www.cbtforsychosis.com



Daily Workshop Schedule:

(\$1099 (early bird special \$999 until January 8th, 2024)

EST 3:30pm – 4pm:	Registration and technological troubleshooting window
EST 4:pm – 5pm:	Workshop
EST 5 – 5:15pm:	Break
EST 5:15pm – 6:15pm:	Workshop
EST 6:15 – 6:30pm:	Break
EST 6:30pm – 7:30pm:	Workshop

Learning Objectives:

By the end of this training participants will be able to:

1. Describe what is psychosis, listing typical symptoms and possible diagnoses that include these
2. Summarize the evidence base for CBT for psychosis, including key critiques
3. Summarize the ABC model of CBT
4. Explain the concepts of delusions and voice hearing as part of the spectrum of normal human experience
5. Demonstrate increased empathy for psychosis by applying at least one empathy generating exercises
6. Describe the concept of “working within a delusional belief system” and be able to recite both one reason why we do it and one technique how we do it
7. Demonstrate the concept of normalizing
8. Set operationalized, patient-centered goals to track progress over time and utilize empirically supported measures to track change
9. List at least five examples of ‘curious questions’
10. Demonstrate how to pull relevant information together into a CBT formulation
11. Summarize the concept of coping skills enhancement
12. List two different skills to be developed for clients who hear voices
13. Differentiate between delusions that are amenable to reality testing and those that are no
14. List three ways of generating alternative explanations for delusions
15. Describe the role of homework or action plans in cognitive behavioral skills building

This workshop provides 15 hours towards your 40 didactic hours required for future CBTp accreditation (<https://www.nacbtp.org/resources>)

Ongoing consultation:

After completing this training, licensed clinicians have the option of ongoing weekly clinical coaching, with monthly review of audio or video session recordings using the CTS-R (James, Blackburn & Reichelt, 2001). Follow-up consultation with tape review is required to gain competence as a CBTp therapist as per the North American CBT for psychosis Network (NACBTpN) CBTp Competence Standards <https://www.nacbtp.org/cbtp-competence-standards> **However it does not convey any continuing education credits.**

Teaching methods:

The workshop will include didactic material, interactive exercises, role-plays, whole-group brainstorming, and discussion.



About the Instructors:

Training curriculum developed by and online material narrated by:

Dr Sally E. Riggs, DCLinPsy is a licensed psychologist and expert in Cognitive Behavioral Therapy for Psychosis with 20+ years of experience working in this field in both London, UK and the US. She earned her Doctorate in clinical psychology at Royal Holloway, University of London, UK in 2005, where she was trained in CBTp. She completed her Postdoctoral Research Fellowship at the Aaron T. Beck Psychopathology Research Unit, University of Pennsylvania, during which she designed and facilitated a program to train Masters, Bachelors and Peer-level therapists working in a city community agency in CBT informed interventions for the psychosis milieu. From 2011 to 2015, at Kings County Hospital Center, Brooklyn, she spearheaded a CBT for psychosis treatment track in the Adult Outpatient Department, trained the Early Psychosis Inpatient unit in CBT informed interventions for the psychosis milieu, and trained and supervised clinical staff throughout the hospital in Full CBTp. She founded NYC CBTp in March 2016 to provide evidence-based psychotherapy for psychosis to people throughout the city, and to widen the availability of her training programs to clinicians throughout the tri-state area.

Live Webinars facilitated by:

Dr. Gonzales is a licensed clinical psychologist in NY with an interest in working with individuals from diverse populations who experience psychosis and/or extreme psychological states. She earned her doctorate in Clinical Psychology from John Jay College and the Graduate Center, the City University of New York (CUNY) with a specialization in forensic psychology. She then completed a postdoctoral fellowship at the University of California, San Francisco, and returned to New York City where she is currently an Assistant Professor of Medical Psychology (in Psychiatry) at the Columbia University Irving Medical Center. Her research and clinical work focuses on promoting recovery and quality-of-life for individuals who have received mental health diagnoses, including investigating the influence of stigma and other social and environmental factors upon mental health and well-being. She was trained in CBTp by Dr. Riggs in 2020 and was a staff psychologist at NYC CBTp for a year, under Dr. Riggs's supervision. She now works using group CBTp with people with psychosis at the Lieber Recovery Clinic and was trained as a CBTp trainer by Dr. Riggs in 2022.

Recommended Readings (in advance of workshop):

- Cognitive Therapy for Psychosis, A formulation based approach – Morrison, A.P., Renton, J.C., Dunn, H., Williams, S. & Bentall, R. P.
- Promoting Recovery in Early Psychosis, A practice manual – French, P., Smith, J., Shiers, D., Reed, M. & Rayne, M.
- Cognitive Behavioral Therapy for Severe Mental Illness – Wright, J. H., Kingdon, D. G., Turkington, D. and Ramirez-Basco, M.

Cancellation policy:

Registration can be canceled or transferred to an alternative date up to 14 days before the first live workshop. Less than 14 days before the first live workshop no refunds will be given. Emails received must be time-stamped no less than 14 days before the event.

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Continuing education:

Sally E. Riggs, DClInPsy is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0487. 15 contact hours will be available for the completion of this training.

Riggs Psychology, PLLC is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0041. 15 contact hours will be available for the completion of this training.

Riggs Psychology, PLLC is approved by the American Psychological Association to sponsor continuing education for psychologists. Riggs Psychology, PLLC maintains responsibility for this program and its content. 15 CE credits will be available for completion of the entirety this training. No partial credit is permitted.



For further questions please email hello@cbtforpsychosis.com, or to register go to

<https://www.cbtforpsychosis.com/cbtp-trainings/other-cbtp-workshops/>