



# Training and Professional Development

## Group CBT for psychosis training

Hybrid format of online, on-demand plus one Zoom webinar

Online material goes live on **February 26<sup>th</sup>, 2024**

Live Zoom webinar **March 25<sup>th</sup>, 2024, 4 pm-7:30 pm EST**

**Registration closes March 8<sup>th</sup>, 2024**

Course Instructor: Lauren Gonzales, PhD

**Registration cost: \$549 (early bird special \$499 until February 26, 2024, with code *earlybird\_2024*)**

*We have transitioned all Group CBTp trainings to a new hybrid format. They will now consist of material to work through online, on-demand, plus one 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 Group applications of CBT for psychosis. 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 with psychosis.

**Participants must have prior training in individual CBT for psychosis.** Participants must have some experience of working with people with psychosis. Some knowledge of the principles of CBT is also necessary (ideally competence – basic CBT principles will not be covered in this training).

### Training format:

**Online, on-demand** material to work through, **plus 1 live interactive 3-hour Zoom webinar** (6 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

### Daily Workshop Schedule:

**(\$549 (early bird special \$499 until February 26, 2024))**

EST 3:30pm – 4pm: Registration and technological troubleshooting window

EST 4:pm – 5pm: Workshop

EST 5 – 5:15pm: Break

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EST 5:15pm – 6:15pm: Workshop

EST 6:15 – 6:30pm: Break

EST 6:30pm – 7:30pm: Workshop

### **Learning Objectives:**

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

1. Summarize the three levels of group understanding, key skills for CBTp group therapists and demonstrate self-awareness of their own learning stage with these skills
2. List the pros and con of utilizing a group co-facilitator and demonstrate skills in utilizing guided discovery in a group setting
3. Describe three different treatment models of group CBT for psychosis and potential settings where each are more or less appropriate
4. Demonstrate knowledge of cultural issues which can commonly impact groups and/or reduce access to Group CBT for psychosis and how to facilitate overcoming these
5. Set operationalized patient-centered goals to track progress over time and utilize empirically supported measures to track change within the group setting
6. Describe twelve potential presentations of the “difficult” group participants and twelve possible solutions for working with such presentations

**This workshop provides 6 hours towards your 40 didactic hours required for future CBTp accreditation (<https://www.nacbtp.org/resources>)**

### **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

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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):**

- Group CBT for psychosis – a guidebook for clinicians, Lecomte, T, Leclerc, C & Wykes, T. (2016)
- Cognitive Behavioral Social Skills Training for Schizophrenia – a practical treatment guide, Granholm, E. L. & McQuaid, J. R. (2016)
- Cognitive Behavior Therapy for Acute Inpatient Mental Health Units: working with clients, staff and the milieu. Clarke, I. & Wilson, H. (Eds) (2009)

**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.

**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. 6 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. 6 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. 6 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](mailto:hello@cbtforpsychosis.com), or to register go to

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

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