

Training and Professional Development

Advanced CBT for Psychosis Training



Online Material Live:	June 10 th , 2024	Course Instructor:	Sally E. Riggs, DCLinPsy
Two Live Zoom Webinars:	July 8 th , 2024, 1:00 - 4:30 PM EST July 15 th , 2024, 1:00 - 4:30 PM EST	Training Format:	Hybrid Online, On-demand Material + Live Webinars
Registration Closes:	June 24 th , 2024	Registration Cost:	\$899. ⁰⁰ (\$100 off with coupon 'earlybird2024')

Have you attended a previous training in CBT for Psychosis or CBT for First Episode Psychosis and spent some time working with clients, ideally with case consultation? Looking to take your competence to the next level with schema and core belief change, work with complex cases such as command hallucinations or dual diagnosis PTSD or thinking about the integration of third wave techniques? Then this workshop is for you!

Due to popular demand we have now transitioned our Advanced CBTp training to this new hybrid model. This training has not been offered since 2021 so grab your spots quickly – we anticipate they will sell out fast!

Overview

We have transitioned all of our trainings to a new hybrid format. They will now consist of material to work through online, on-demand, plus two live 3-hour webinars to consolidate this material with experiential exercises. This will allow our trainings to be accessible to all, including those with mobility issues and/or cognitive difficulties as it allows you to work at your own pace in the comfort of your own home, keeping live Zoom time to a minimum. Live Zoom webinars are also scheduled to maximize focus and concentration with frequent comfort breaks and interactive role plays and other exercises.

Please email hello@cbtforpsychosis.com with any inquiries.

Requirements & Qualifications

- Licensed mental health professionals or those with a limited permit
- Students currently enrolled in a licensure qualifying graduate program
- Participants must have completed an initial training in CBT for Psychosis or CBT for First Episode Psychosis.
- Participants must also be prepared to bring case material pertaining to at least one 'complex case' with whom they are currently working to discuss during the workshop.

Cost — \$899.⁰⁰

Use coupon code 'earlybird2024' for \$100 off at the time of purchase and registration. Coupon code expires June 10th, 2024.



Workshop Details

Schedules are the same for both live webinars held on **July 8th** and **July 15th**.

Start Time (EST)	Duration	Session
12:30 PM	30 mins	Registration and technical setup. **Those seeking CEs MUST login at this time.
1:00 PM	1 hour	Workshop
2:00 PM	15 mins	Break
2:15 PM	1 hour	Workshop
3:15 PM	15 mins	Break
3:30 PM	1 hour	Workshop

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.

Learning Objectives

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

1. Summarize the cognitive behavioral model and how it applies to psychosis
2. Describe different possible formulation models for voices, paranoia and negative symptoms and demonstrate the ability to select these appropriately as per case information
3. Develop an individualized longitudinal case formulation for a complex case taking into consideration: biological, developmental, psychological, social and environmental factors
4. Demonstrate how to share a formulation effectively with a patient
5. Differentiate between the different levels of cognitions: negative automatic thoughts, schema and core beliefs as they pertain to psychosis
6. Select specific interventions for schema change as informed by the specific formulation
7. Demonstrate effective interventions for schema change
8. List 3 key elements of the cognitive therapy for command hallucinations protocol
9. Recite key components shown to be effective in the treatment of dual diagnosis psychosis plus PTSD
10. Describe the pros and cons of pure cognitive therapy for psychosis versus the integration of third wave CBT techniques
11. Select specific third wave CBT techniques as appropriate when informed by the formulation
12. Demonstrate interventions from Compassion Focused Therapy, Metacognitive Therapy, Mindfulness and Acceptance and Commitment Therapy
13. Utilize and demonstrate peer supervision for complex cases

Didactic Hours

This workshop provides 13 hours towards your 40 didactic hours required for future CBTp accreditation. For more information visit: <https://www.nacbt.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, video material, whole group brainstorming and discussion.

Recommended Readings in Advance

- Cognitive Therapy for Psychosis, A formulation based approach – Morrison, A.P., Renton, J.C., Dunn, H., Williams, S. & Bentall, R. P.
- Person Centered Cognitive Therapy for Distressing Psychosis – Chadwick, P.
- Acceptance & Commitment Therapy and Mindfulness for psychosis – Eds. Morris, E.M.J., Johns. L.C. & Oliver, J.E.

About the Instructor

Dr Sally E. Riggs, DCLinPsy is a licensed psychologist and expert in Cognitive Behavioral Therapy for Psychosis with 24 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.

Cancellation Policy

Registration can be canceled or transferred to an alternative date up to 28 days prior to the workshop. Less than 27 days prior to the workshop no refunds will be given.

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. 13 contact hours will be available for the completion of the 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. 13 contact hours will be available for the completion of the 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. 13 CE credits will be available for completion of the training.