



# Training and Professional Development

## Advanced CBT for psychosis training

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

Online material goes live on **June 16<sup>th</sup>, 2025**

Live Zoom webinars **July 14<sup>th</sup> & 28<sup>th</sup>, 2025, 5pm-8:30 pm EST**

**Registration closes June 30<sup>th</sup>, 2025**

Course Instructor: Sally E. Riggs, DClínPsy

*We have transitioned all 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 make our trainings 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 roles plays and other exercises.*

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 thinking about the integration of third wave techniques? Then this workshop is for you!

**Who can attend:** licensed mental health professionals, those with a limited permit, or 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.***

**Pricing: \$899**

**New Early Bird Pricing:**

*early bird special \$749 for first 5 registrations with coupon code **earlybirdfirst5advanced2025***

*early bird special \$799 for next 5 registrations with coupon code **earlybirdsecond5advanced2025***

**Training format:**

**Online, on-demand** material to work through, **plus** two live interactive 3-hour **Zoom webinars** (12 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

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- 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:**

EST 4:30pm – 5:pm: Registration and technological troubleshooting window  
 EST 5:pm – 6:pm: Workshop  
 EST 6 – 6:15pm: Break  
 EST 6:15pm – 7:15pm: Workshop  
 EST 7:15 – 7:30pm: Break  
 EST 7:30pm – 8:30pm: Workshop

#### **Learning Objectives:**

By the end of the 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. Describe the pros and cons of pure cognitive therapy for psychosis versus the integration of third wave CBT techniques
10. Select specific third wave CBT techniques as appropriate when informed by the formulation
11. Demonstrate interventions from Compassion Focused Therapy, Metacognitive Therapy, Mindfulness and Acceptance and Commitment Therapy
12. Utilize and demonstrate peer supervision for complex cases

**This workshop provides 12 hours towards your 40 didactic hours required for future CBTp accreditation (<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.nacbt.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.

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**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.

**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.
- 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.

**Cancellation policy:**

Registration can be cancelled 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. 12 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. 12 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. 12 CE credits will be available for completion of the training.***



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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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