# Outline

**Cognitive Behavioral Therapy: Exploring the Model**
Empirical support for CBT
Limitations of the research and potential risks
Evolution of CBT from its initial model to the expanded
CBT's influence on the development of other models (ACT, DBT, schema therapy)

**Assessment and Treatment Planning Through the Lens of CBT**
Cross-sectional
Longitudinal conceptualization
Issues in case formulation

**Behavioral Interventions**
Behavioral activation
Graded assignments
Pleasure scheduling
Problem solving

**Cognitive Interventions**
Identifying core beliefs
Eliciting negative thoughts
Recognizing cognitive distortions
Use of reframing

**The CBT Session, Step-by-Step**
Fostering the therapeutic alliance
Collaboration
Structure and agenda setting
Feedback
Guided discovery
Homework

**CBT with Depressive Disorders**
Psychoeducation
Transforming anhedonia, feelings of worthlessness, and low self-esteem
Helping clients overcome low energy, fatigue
Problem solving strategies to provide solutions to daily problems
Relapse prevention
Crisis intervention for active and passive suicidal ideation

**CBT with Bipolar and Related Disorders**
Psychoeducation
Management of manic symptoms
Mood rating and monitoring
Identification of triggers and prodromal symptoms
CBT for medication compliance
Overcoming sleep disturbance

**CBT for Anxiety Disorders**
CBT's role in managing anxiety and worry
Reducing physiological effects of anxiety
Disrupting rumination, anxiety spirals, and more

- Generalized Anxiety Disorder: cognitive and behavioral interventions
- Panic Disorder: Situational and interoceptive exposure
- OCD: Exposure and Response Prevention (ERP)
- PTSD: Prolonged Exposure (PE) and Cognitive Processing Therapy (CPT)
- Social Anxiety Disorder: Exposure and Cognitive Approaches

**Special Issues**
Multicultural consideration
Interpersonal and family issues
Other common issues in treatment delivery

**Live Webinar Schedule - both days**
*(Times listed in Eastern)*
**8:00** Program begins
**11:50-1:00** Lunch Break
**4:00** Program ends
There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

# Objectives

1. Articulate the underlying theory of cognitive behavioral therapy and describe the current state of the science regarding CBT.
2. Utilize CBT skills and rationale to foster the therapeutic alliance and enhance motivation for CBT.
3. Utilize a cross-sectional, cognitive behavioral conceptualization to assess presenting problems.
4. Choose cognitive interventions to modify dysfunctional thinking patterns and core beliefs.
5. Conceptualize cases from a cognitive-behavioral perspective to inform treatment planning.
6. Implement cognitive and behavioral techniques to alleviate generalized anxiety symptomology.
7. Utilize key behavioral activation strategies useful for alleviating treatment resistant depression.
8. Demonstrate cognitive and behavioral methods to address intrusive, obsessive compulsive thoughts.
9. Incorporate exposure and cognitive processing interventions used to treat PTSD.
10. Utilize exposure and cognitive approaches to reduce social anxiety.
11. Articulate the role of schemas in maintaining anxiety and depression disorders.
12. Identify and manage multicultural, interpersonal and family issues which may arise in cognitive behavioral treatment of anxiety and mood disorders.


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# Advanced CBT Training

## Evidence-Based Interventions for Chronic Anxiety, OCD, Depression, Trauma and PTSD

Cognitive Behavioral Therapy (CBT) is an evidence based treatment that is one of the **most effective treatments** for chronic, recurring, and challenging mental health issues such as:

• Anxiety • OCD • PTSD • Depression

Now, the **opportunity** is yours to learn this powerful modality in a comprehensive online course from **CBT expert and author John Ludgate, PhD.** Dr. Ludgate is a Founding Fellow of the Academy of Cognitive Therapy and trained under Cognitive Therapy's founder **Dr. Aaron Beck** at the Center for Cognitive Therapy.

In this intensive online CBT training course, you'll be provided with a proven set of clinical tools and skills that can **enhance your practice** – from the basic CBT you might have learned early in your career to more advanced CBT techniques applied to a range of disorders.

CBT techniques can sometimes seem deceptively simple to apply but in actual clinical practice it requires demonstrable skills in three areas.

1. Conceptualizing client's presenting problems from a CBT perspective,
2. Selecting appropriate interventions consistent with the case formulation, and
3. Delivering these interventions and techniques systematically and with maximum effectiveness.

**This training will assist you in developing skills in all three areas.**

Dr. Ludgate will show how to overcome common obstacles frequently encountered in doing CBT with clients with different disorders.

- Improve your clients' therapeutic experience with CBT interventions that are consistently shown to be effective.
- Utilize a fresh set of clinical tools and skills that can improve your practice, and treatment outcomes.

**Target Audience:**

Psychologists • Psychiatrists • Counselors • Social Workers • Psychotherapists
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## Meet Your Speaker

**John Ludgate, Ph.D.,** is a licensed clinical psychologist who has worked as a psychotherapist for almost 30 years. He trained at the Center for Cognitive Therapy in Philadelphia under Dr. Aaron Beck, the founder of Cognitive Therapy, and is a Founding Fellow of the Academy of Cognitive Therapy. He subsequently became assistant director of training at Dr. Beck's Center. His current practice consists largely of treating clients referred with mood problems and/or anxiety conditions at the Cognitive-Behavioral Therapy Center of Western North Carolina in Asheville, North Carolina.

John is a native of southern Ireland and obtained a Master Degree in Clinical Psychology from the University of Edinburgh in Scotland, and a Ph.D. from Trinity College, Dublin, Ireland in 1990. In the early 1990's, Dr. Ludgate was a research clinical psychologist at the University of Oxford in England and served as cognitive therapist in several outcome studies of panic disorder, agoraphobia, social phobia and hypochondriasis.

He authored *Cognitive Behavioral Therapy and Relapse Prevention for Depression and Anxiety* (Professional Resources Press, 2009) and was co-editor with Wright, Thase and Beck of *Cognitive Therapy with Inpatients: Developing a Cognitive Milieu* (Guilford Press, 1993). His other books include *Overcoming Compassion Fatigue* (PESI, 2014 co-authored with Martha Teater and *The CBT Couples Toolbox* (PESI, 2018). He has written numerous journal articles and book chapters in the field of Cognitive Behavior Therapy for Anxiety and Depression. He has presented many seminars and workshops on cognitive behavioral approaches, both nationally and internationally.

Speaker Disclosure:

Financial: Dr. John Ludgate is the owner and President of CBT Training & Consultancy, Inc. He has an employment relationship with the Cognitive Behavioral Therapy Center of WNC. He receives a speaking honorarium and recording and book royalties from PESI, Inc. Dr. Ludgate receives royalties as a published author. He has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. John Ludgate is a member of the Academy of Cognitive Therapy and the Association for the Advancement of Behavioral and Cognitive Therapy.

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## Recommended Reading:




***The CBT Toolbox, Second Edition***
*185 Tools To Manage Anxiety, Depression, Anger, Behaviors & Stress*
Jeff Riggenbach, PhD
~~$34.99~~ **$24.99***
PUB086310




***Overcoming Compassion Fatigue***
*A Practical Resilience Workbook*
Martha Teater, MA, LMFT, LPC, LCAS and John Ludgate, PhD
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