

Cognitive and Behavioral Consultants of Westchester, LLP
ONE-DAY CLINICAL WORKSHOP
Cognitive Behavior Therapy and Dialectical Behavior Therapy

Friday, October 22nd, 2010

Instructors:

Lata K. McGinn, Ph.D. and Alec L. Miller, Psy.D.

Co-Founders, Cognitive and Behavioral Consultants of Westchester, LLP (CBCW)

Schedule Overview:

8:30-9:00	Registration and Continental Breakfast
9:00-12:15	CBT: Theoretical foundations, case formulation, application to specific disorders
12:15-1:15	Lunch on your own
1:15-4:30	DBT: Case formulation and treatment strategies with multi-problem adolescents

Workshop Content:

This introductory workshop will be divided into a morning session on cognitive-behavior therapy (CBT) and an afternoon session on dialectical behavior therapy (DBT). The instructors will use lecture, demonstration, and small group discussion.

CBT. Cognitive behavior therapies refer to symptom or problem focused psychotherapies that are based on models which stipulate that psychological disorders involve dysfunctional thinking and maladaptive behaviors and that modifying dysfunctional thoughts and behaviors leads to improvement. Treatment involves a cognitive behavioral conceptualization of the problem and of the individual and involves the use of a variety of techniques to bring about change. Research has demonstrated that short-term cognitive behavioral treatment results in substantial improvement for patients with the full range of psychological disorders, including mood disorders, anxiety disorders, personality disorders, eating disorders, health problems, substance abuse disorders, and psychotic disorders.

The following topics will be addressed: (1) Outline of the CBT model and a demonstration of how the model directly influences which techniques are used to bring about change, (2) Case conceptualization (e.g., linking automatic thoughts to dysfunctional assumptions and core beliefs on which they are based) and selection of treatment strategies (e.g. cognitive restructuring) and (3) Discussion and illustration of key cognitive behavioral strategies and their use in specific disorders such as cognitive restructuring (e.g., identifying thought-feeling-behavior linkages, modifying dysfunctional thinking and core schemas) and exposure (e.g., confronting anxiety and replacing maladaptive coping strategies).

DBT. Dialectical Behavior Therapy is a comprehensive cognitive-behavioral treatment for borderline personality disorder, especially for those with chronic patterns of life-threatening or other severe dysfunctional behaviors. Research has shown DBT to effectively reduce suicidal behavior, dropout from treatment, psychiatric hospitalization, anger, substance abuse and interpersonal difficulties. DBT also has been adapted to treat a variety of other populations--including multi-problem adolescents—which will be the focus of this workshop.

The following topics will be addressed: 1) Diagnostic issues and a biosocial theory of borderline personality disorder; 2) Treatment structure and targets for multi-problem, high-risk teenagers; 3) Orientation and commitment to treatment with teenagers and families, and other basic strategies used in individual DBT; 4) Teaching dialectical thinking to teens and parents; and 5) introduction to DBT skills training groups for teens and families.

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About the Instructors

Dr. Lata McGinn is Co-Founder of CBCW and Associate Professor of Psychology, Director of the Doctoral Clinical Program, and Director of the Cognitive Behavior Therapy Program for Anxiety and Depressive Disorders at the Ferkauf Graduate School of Psychology, Yeshiva University/Albert Einstein College of Medicine. She is an internationally recognized expert on CBT for anxiety and mood disorders, stress management, and habit and relationship problems, and has been treating, conducting research and giving workshops and lectures on these problems since she received her PhD in 1993. She has authored numerous articles and chapters, has published a book on the treatment of obsessive-compulsive disorder and is currently co-authoring a book titled "Treatment Plans and Interventions for Anxiety and Depression" that will be published by Guilford Press in 2010. In recognition of her expertise and contributions, Dr. McGinn was appointed to be a founding fellow of the Academy of Cognitive Therapy. She was also appointed to serve on the ACT Trauma Taskforce following September 11, 2001 for which she was awarded a certificate of appreciation by the Association for the Advancement of Behavior Therapy and was also recently appointed as a Beck Scholar by Aaron T. Beck, the founder of Cognitive Therapy. Dr. McGinn currently serves on the boards of the Association of Behavioral and Cognitive Therapies, the Academy of Cognitive Therapy and the International Association of Cognitive Psychotherapy. She is currently the president-elect of the International Association of Cognitive Psychotherapy.

Dr. Alec Miller is Co-Founder of CBCW and Professor of Clinical Psychiatry and Behavioral Sciences; Chief, Child and Adolescent Psychology; Director, Adolescent Depression and Suicide Program; Director, Clinical Services at PS 8 School-Based Mental Health Program; and Associate Director, Psychology Internship Training Program, at Montefiore Medical Center/Albert Einstein College of Medicine (AECOM), Bronx, NY. Since 1995 he has directed a clinical-research team adapting DBT for outpatient suicidal multi-problem adolescents and has adapted DBT for other populations and settings including schools. This work culminated in his book entitled, *Dialectical Behavior Therapy with Suicidal Adolescents* (Miller, Rathus, and Linehan, 2007) and an APA-invited training video entitled, "Dialectical Behavior Therapy for Multi-Problem Adolescents." Dr. Miller has conducted over 300 lectures and workshops around the world. He is currently the lead trainer and supervisor for the first randomized trial of adolescent DBT which is being conducted in Oslo, Norway. He has received federal, state, and private funding for his research, and has authored numerous articles and chapters.

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Location:

Cognitive and Behavioral Consultants of Westchester (CBCW), 1 N. Broadway, Suite #912
White Plains, NY 10601

Parking: We suggest parking in the Municipal Parking Garage across the street from our building.

Internet: www.cognitivebehavioralconsultants.com

Registration Information:

- Registration Fee and Deadline: **\$175.00 by Friday, October 15, 2010.**
- Payment by check only. Please make payable to Cognitive and Behavioral Consultants of Westchester (or "CBCW")
- Please mail completed registration form (below) along with payment to:
Denise Sprague,
CBCW, 1 North Broadway #912, White Plains, NY 10601
- For questions, contact Denise Sprague at dsprague@cognitivebehavioralconsultants.com

Registration Form

Please complete the following information (print or type):

Name	Credentials	Professional Affiliation (optional)	
Street	City	State	Zip
Phone	Email	Fax (optional)	