

INDIVIDUAL COGNITIVE BEHAVIORAL THERAPY

3-Day Training

For Licensed Mental Health Clinicians & Interns

December 9 - 11, 2015 • 8:30am - 5pm

Westside Regional Center—3rd Floor Board Room
5901 Green Valley Circle, Los Angeles, CA 90230



Presenter: Michael A. Tompkins, Ph.D., is a co-director of the San Francisco Bay Area Center for Cognitive Therapy, Diplomate and Founding Fellow of the Academy of Cognitive Therapy, Assistant Clinical Professor at the University of California, Berkeley, and a trainer and consultant for the Beck Institute for Cognitive Behavior. Dr. Tompkins treats adults, adolescents, and children with anxiety disorders, stress, insomnia, body-focused repetitive behaviors, Tourette's and tic disorders.

About the Event: WRC is organizing a series of training events on evidence-based practices. If Department of Mental Health (DMH) Agencies are interested in providing CBT for the Prevention and Early Intervention (PEI) Population, they should contact DMH PEI Administration prior to registering for the training. DMH staff attending the training with the intention of claiming client services to Los Angeles County MHSAs PEI Programs, must ensure that clients meet the PEI target population guidelines. The 3-day training is in compliance with the DMH training protocols for PEI programs.

Cognitive Therapy was developed by Dr. Aaron T. Beck to treat problems with depression and it has been shown to be an effective treatment for a range of problems. Individual Cognitive Behavioral Therapy (IND CBT) is a practical, empirically-based, present-focused approach to treatment that focuses on the interconnections between our thoughts, behaviors, and moods. IND CBT helps people identify their distressing thoughts and evaluate how realistic those thoughts are. The emphasis of IND CBT is on solving problems and initiating behavior change.

Participants Will Be Able To Describe:

1. The three primary components of the CBT model for the treatment of anxiety and depressive disorders.
2. Two adjustments to CBT for the treatment of anxiety and depression in adults with developmental disabilities.
3. The primary steps to build a case conceptualization and treatment plan for anxiety and depressive disorders in adults with developmental disabilities.
4. The primary features of structuring a CBT session with adults with developmental disabilities.
5. Two typical cognitive interventions in the treatment of anxiety and depressive disorders in adults with developmental disabilities.
6. Two typical behavioral interventions in the treatment of anxiety and depressive disorders in adults with developmental disabilities.

Cost: FREE!!!

To register, go to: <https://cbt-training-wrc.eventbrite.com>

Please address any questions to Lindsay du Plessis at lindsayd@westsiderc.org or 310-258-4204.

This training event is funded by the Mental Health Services Act (MHSA) in partnership with the Department of Developmental Services.