

# Problem Solving Therapy

*Training for Behavioral /Mental Health Providers*

**March 22, 2017 • 9am - 4pm**

**March 23, 2017 • 8:30-noon**

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



## **Presenter:**

Dr. Rebecca McGavran Crabb obtained her doctoral degree in clinical psychology from the University of Ottawa in 2008. She completed advanced fellowships at the University of California, San Francisco and the Geriatric Research Education and Clinical Center at the Veterans' Administration, Palo Alto.

Currently, she holds a position as Co-Investigator and Clinical Supervisor on an NIH-funded study on the use of Problem Solving Therapy (PST) among older adults in rural communities. Dr. Crabb has also built an active private practice specializing in the treatment of depression, anxiety, and adjustment issues in older adults.

She has been a trainer in PST since 2009 and has recently trained clinicians at Telecare in Northern California, Baycrest Hospital in Toronto, Canada, and Queen's University in Kingston, Canada. As a clinician, researcher, and trainer, Dr. Crabb has a profound appreciation of PST and the meaningful change that individuals can make by learning to approach overwhelming life problems in a straightforward and systematic way.

## **About the Event**

Problem Solving Therapy (PST) is an evidence-based treatment intended to break the cycle between overwhelming life stressors and symptoms of depression, anxiety, or distress. PST has been found to be effective for a wide range of difficulties, including major depressive disorder, generalized anxiety disorder, emotional distress, suicidal ideation, relationship difficulties, certain personality disorders, poor quality of life and emotional distress related to medical illnesses. This training will provide participants with a solid foundation in the rationale, research support, and clinical application of PST through a combination of didactic instruction, audiovisual demonstration, and role play practice.

## **Participants will be able to:**

- ◆ List and describe each of the seven steps of PST.
- ◆ Assess an individual client's suitability for PST.
- ◆ Explain the rationale and structure of PST to clients.
- ◆ Utilize the PST steps and action-planning worksheet to break down a life problem and develop an action plan to address it.

**To register, go to:** [https://pst\\_training.eventbrite.com](https://pst_training.eventbrite.com)

**Non-Certification: March 22, 2017 ONLY    Certification: March 22 AND 23, 2017**

Please address any questions to Lindsay du Plessis at [lindsayd@westsiderc.org](mailto:lindsayd@westsiderc.org) or 310-258-4204.

### **CONTINUING EDUCATION DAY 1: 5.5 CONTACT HOURS / DAY 2: 3 CONTACT HOURS**

**PSYCHOLOGISTS:** Psychologists - APA: CIBHS is approved by the American Psychological Association to sponsor continuing education for psychologists. CIBHS maintains responsibility for this program and its content.

**MFT, LPCC, LEP and/or LCSW Credit:** CIBHS is an approved provider for the California Association of Marriage and Family Therapists (CAMFT) to sponsor continuing education. Course meets the qualifications for 8.5 hours of continuing education credit for LMFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences. CIBHS maintains responsibility for this program/course and its content. (Provider Number 70799)

All activities in this training are offered for continuing education credit. CE Certificates of Completion will be mailed within two weeks following the training. If you have any questions or concerns regarding the CE Hours or program, please contact us at [conferences@cibhs.org](mailto:conferences@cibhs.org)



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