

## Workshops on Cognitive-Behavioral Therapy

All Workshops Meet on Saturdays 10AM-4PM

Date	Workshop	Description
February 10, 2007	<p data-bbox="326 394 771 457"><b>1. Cognitive Behavioral Therapy of Personality Disorders</b></p> <p data-bbox="326 493 862 556"><b>Lisa Napolitano, Ph.D., American Institute for Cognitive Therapy</b></p> <p data-bbox="326 592 889 1255"><b>Workshop Leader:</b> Lisa Napolitano, Ph.D. is a senior supervising psychologist and Director of the Dialectical Behavior Therapy Program at the American Institute for Cognitive Therapy. She also is an adjunct professor at the Ferkauf Graduate School of Psychology, Yeshiva University. Dr. Napolitano is a graduate of Barnard College, and earned her doctorate in clinical psychology at Fordham University. She completed a pre-doctoral internship at the Manhattan Veterans Affairs Medical Center, and a post-doctoral fellowship at the American Institute for Cognitive Therapy (AICT). Dr. Napolitano has extensive clinical experience with the treatment of depression and anxiety disorders, eating disorders, self-esteem problems, perfectionism, and relationship issues. Her primary clinical and research interests concern the relationship of personality to thinking styles. Her research has been presented at the annual meetings of the Association for Behavioral and Cognitive Therapies, and the International Association for Cognitive Psychotherapy. She is currently co-authoring a book on emotion regulation.</p>	<p data-bbox="915 394 1523 592">This workshop will focus on the application of cognitive-behavioral strategies and techniques in the treatment of clients with personality disorders. It is intended for those with a moderate to high level of familiarity with basic cognitive-behavioral therapy. Topics covered include:</p> <ul data-bbox="964 632 1523 1094" style="list-style-type: none"><li>• The use of self-report measures to diagnose and assess personality disorders</li><li>• The conceptualization of personality disorders within cognitive-behavioral and dialectical behavioral frameworks</li><li>• Obstacles to the treatment alliance</li><li>• Techniques for overcoming resistance</li><li>• Modification of traditional cognitive restructuring techniques and schema change techniques</li><li>• The assessment of problems in affect tolerance, as well as its treatment, using techniques from mindfulness and Dialectical Behavior Therapy.</li></ul> <p data-bbox="915 1136 1523 1396">Extensive handouts, including detailed lecture outlines, assessment measures and bibliography, will be provided to facilitate application of material learned in the workshop. Throughout the workshop, clinical case material will be used to illustrate the use of techniques. However, participants are strongly encouraged to bring in their own cases for discussion.</p>
February 24, 2007	<p data-bbox="326 1482 873 1545"><b>2. Cognitive Behavioral Therapy for Obsessive Compulsive Disorder</b></p> <p data-bbox="326 1581 862 1644"><b>Lata K. McGinn, PhD, Yeshiva University, Ferkauf Graduate School of Psychology</b></p>	<p data-bbox="915 1482 1523 1980">This workshop will provide clinicians with the advanced skills needed to effectively diagnose and treat obsessive compulsive disorder using cognitive behavioral therapy. The focus of this workshop will be on illustrating how treatment is conducted. The workshop will depict a session-by-session treatment which can guide the clinician from the start of treatment to its conclusion. A clinical case will be used throughout to illustrate the material in a more hands-on-fashion: a detailed case description, completed assessment and treatment forms will be presented so that clinicians may directly see how a patient's symptoms are assessed and treated on a session-by-session basis using cognitive behavioral therapy.</p>

Date	Workshop	Description
February 24, 2007  <i>Continued...</i>	<p data-bbox="337 134 906 205"><b>2. Cognitive Behavioral Therapy for Obsessive Compulsive Disorder</b></p> <p data-bbox="337 239 906 310"><b>Lata K. McGinn, PhD, Yeshiva University, Ferkauf Graduate School of Psychology</b></p> <p data-bbox="337 344 906 884"><b>Workshop Leader: Lata McGinn, Ph.D. (lmcginn@aecom.yu.edu)</b>, is currently Associate Professor of Psychology, Director of the Doctoral Clinical Program, as well as Director of the Cognitive Behavior Therapy Training Program for Anxiety and Depression at Yeshiva University/Albert Einstein College of Medicine in New York City. She specializes in the area of anxiety and depressive disorders, has published numerous articles and chapters, and has written a book on the Cognitive Behavior Treatment of Obsessive Compulsive Disorder. She is a founding fellow of the Academy of Cognitive Therapy and serves on the executive board of the International Association of Cognitive Psychotherapy. Dr. McGinn also lectures widely, conducts seminars and workshops worldwide, and maintains a private practice in Manhattan, NY and a group practice in Westchester, NY.</p>	<p data-bbox="922 134 1549 170">Clinicians will learn how to:</p> <ul data-bbox="922 170 1549 407" style="list-style-type: none"> <li>• diagnose obsessive compulsive disorder</li> <li>• target and monitor the different symptoms that will be treated,</li> <li>• learn the specifics of exactly how therapy is conducted on a session-by-session basis and,</li> <li>• learn how to maximize gains and prevent relapse.</li> </ul> <p data-bbox="922 441 1549 512">Clinicians will learn the following content on a session-by session basis:</p> <ul data-bbox="922 512 1549 1010" style="list-style-type: none"> <li>• Psycho-education: the latest facts and figures on obsessive compulsive disorder as described to patients;</li> <li>• Cognitive restructuring: how to implement systematic cognitive restructuring aimed at resolving the different cognitive distortions and schemas observed;</li> <li>• Graded exposure: how to systematically identify, rank, create, monitor images (imaginal exposure) and situations (in vivo exposure) that patients with OCD avoid or else endure with anxiety, and how to successfully reduce anxiety associated with these phobic stimuli and,</li> <li>• Response prevention: how to block rituals in OCD patients.</li> </ul> <p data-bbox="922 1043 1549 1373">The goal of the workshop is to maximize efficiency and ensure rapid progress in patients using state-of-the-art cognitive behavioral therapy so that clinicians may function more effectively. Extensive handouts (lecture outlines, assessment and treatment forms, clinical and self-help references) will be provided so that clinicians may better apply what they learn in the workshop. Clinicians are also encouraged to ask questions and bring in treatment cases to ensure maximal learning.</p>
March 24, 2007	<p data-bbox="337 1430 906 1501"><b>3. Introduction to Cognitive Therapy I: Mastering the Fundamentals</b></p> <p data-bbox="337 1535 906 1606"><b>Dennis Tirch, Ph.D., American Institute for Cognitive Therapy</b></p> <p data-bbox="337 1640 906 1717"><b>Workshop Leader: Dennis Tirch, Ph.D.</b>  SEE NEXT PAGE FOR BIO</p>	<p data-bbox="922 1430 1549 2003">Participants in this Saturday workshop will review the basic principles and applications of cognitive therapy. Workshop attendees will experience an introduction to the theoretical foundations of cognitive therapy, while learning fundamental, evidence-based techniques used to treat depression and anxiety disorders. This workshop is designed for people with a range of experience in CBT. Psychotherapists and students who are completely new to CBT will learn the basics in an informative and collegial environment. Clinicians who have greater experience in this highly effective form of psychotherapy will also benefit from this detailed training in mastering the fundamental concepts and useful CBT tools. Extensive handouts and lecture notes will be provided, along with case examples, to illustrate material throughout this workshop.</p>

Date	Workshop	Description
March 31, 2007	<p data-bbox="347 134 906 197"><b>4. Introduction to Cognitive Therapy II: Going Beyond the Basics</b></p> <p data-bbox="347 233 906 296"><b>Dennis Tirch, Ph.D., American Institute for Cognitive Therapy</b></p> <p data-bbox="347 331 906 911"><b>Workshop Leader: Dennis Tirch, Ph.D.</b>, received his Ph.D. from Fairleigh Dickinson University where he received the Michael J. Fink scholarship for his work with people with disabilities. Dr. Tirch is as an Adjunct Assistant Professor and Clinical Supervisor at the Ferkauf Graduate School of Psychology of Yeshiva University and a consultant to Gouverneur Hospital where he teaches the Behavioral Healthcare staff in Cognitive Behavioral Therapy (CBT). He has co-authored several articles and chapters on the application of CBT principles to people with disabilities and people with addictive disorders, including two chapters in the New Directions in Cognitive Therapy series, edited by Dr. Leahy. Dr. Tirch is a Fellow of the Academy of Cognitive Therapy. He is Director of Education at the American Institute for Cognitive Therapy. He is coauthoring a book with Dr. Leahy and Dr. Napolitano on emotion regulation.</p>	<p data-bbox="922 134 1537 464">This second workshop in a series begins where the basics leave off. Participants will explore taking the concepts of cognitive therapy into clinically relevant applications. Cognitive and behavioral therapies for the treatment of various anxiety and mood disorders will be examined in some detail over the course of this one day seminar. Applications to special populations, challenging problems, and the integration of acceptance and mindfulness based methods will also be surveyed.</p> <p data-bbox="922 506 1537 600">Extensive handouts and lecture notes will be provided, along with case examples, to illustrate material throughout this workshop.</p>
April 14, 2007	<p data-bbox="347 1184 906 1213"><b>5. Mindfulness and Cognitive Therapy</b></p> <p data-bbox="347 1249 906 1312"><b>Dennis Tirch, Ph.D., American Institute for Cognitive Therapy</b></p> <p data-bbox="347 1348 906 1409"><b>Workshop Leader: Dennis Tirch, Ph.D.</b> SEE ABOVE FOR BIO</p>	<p data-bbox="922 1184 1537 1278">An important new group of cognitive-behavioral therapies have recently emerged, which draw upon nontraditional sources such as:</p> <ul data-bbox="1019 1314 1537 1549" style="list-style-type: none"> <li>• mindfulness meditation</li> <li>• focusing on the present moment</li> <li>• cultivating willingness to endure difficult emotions</li> <li>• developing emotion tolerance skills</li> <li>• living a life based upon one's deepest values</li> </ul> <p data-bbox="922 1585 1537 1717">These cognitive-behavioral techniques remain evidence-based and solution focused, yet they address some of the deepest and most significant aspects of being alive.</p> <p data-bbox="922 1753 1537 1919">This one day seminar will provide an overview of these mindfulness and acceptance based techniques, and will involve hands-on training in mindfulness meditation, stress management, and other "4th Wave" cognitive and behavioral methods.</p>

Date	Workshop	Description
May 5, 2007	<p data-bbox="310 111 857 176"><b>6. Cognitive Behavioral Treatment of Panic Disorder and Agoraphobia</b></p> <p data-bbox="310 212 899 279"><b>William C. Sanderson, Ph.D., Professor of Psychology Hofstra University</b></p> <p data-bbox="310 315 899 436"><b>Workshop Leader: William C. Sanderson, Ph.D.</b>, has published six books and more than 85 scientific articles and chapters on anxiety disorders, depression and cognitive behavior therapy.</p>	<p data-bbox="915 111 1549 537">This workshop will focus on the application of empirically supported cognitive and behavioral treatment strategies for panic disorder and agoraphobia. Participants will learn how to identify and focus treatment on specific thoughts and behaviors involved in the maintenance of panic attacks and agoraphobia. Treatment strategies include: cognitive restructuring, relaxation training, breathing retraining, situational exposure, and interoceptive exposure. The workshop will also review self-report questionnaires used to objectively assess core symptoms and evaluate response to treatment. An extensive handout will be provided to all participants which includes detailed lecture outlines, forms used to facilitate patient compliance with treatment strategies, and various assessment scales.</p>
May 19, 2007	<p data-bbox="310 569 797 634"><b>7. Overcoming Resistance in Cognitive Therapy</b></p> <p data-bbox="310 669 899 735"><b>Robert L. Leahy, Ph.D., American Institute for Cognitive Therapy</b></p> <p data-bbox="310 770 899 1591"><b>Workshop Leader: Robert L. Leahy, Ph.D.</b>, Robert L. Leahy Ph.D. is the President of the International Association of Cognitive Psychotherapy, President of the Academy of Cognitive Therapy, Associate Editor of The Journal of Cognitive Psychotherapy (having served as the Editor between 1998-2003), Clinical Professor of Psychology in Psychiatry at Weill-Cornell University Medical School and the Director of the American Institute for Cognitive Therapy in New York City. He is the author or editor of fifteen books including Treatment Plans and Interventions for Depression and Anxiety Disorders (with Holland), Overcoming Resistance in Cognitive Therapy, Bipolar Disorder: A Cognitive Therapy Approach (with Newman, Beck, Reilly-Harrington, &amp; Gyulai), Cognitive Therapy Techniques: The Practitioner's Guide, Roadblocks in Cognitive-Behavioral Therapy(ed), Psychological Treatments of Bipolar Disorder (ed. with S. Johnson), Contemporary Cognitive Therapy: Theory, Research, and Practice and an edited book with Paul Gilbert from the United Kingdom, The Therapeutic Relationship in the Cognitive Behavioural Psychotherapies. His popular audience book, The Worry Cure: Seven Steps to Stop Worry from Stopping You, has received critical praise from the New York Times and has been selected by Self Magazine as one of the top eight self-help books of all time.</p>	<p data-bbox="915 569 1549 873">Although cognitive therapy is an action-oriented approach that stresses individual initiative and rationality, there are many patients who have difficulty either complying with the “expectations” of the model or committing themselves to a course of treatment. Many patients in cognitive therapy view this approach as dismissive of their emotions, overly rational, simplistic, or as asking them to do more than they are “ready” to do.</p> <p data-bbox="915 909 1549 1577">Moreover, therapists are not “blank slates” that “rationally” implement a technology and patients are not reducible to “diagnostic categories” onto which “interventions” are implemented. Patients and therapists each come to the therapeutic relationship with their own conceptualization of what an effective relationship will be and how emotions are to be handled. Patients’ schemas may focus on threats of abandonment, humiliation, or loss of autonomy, while therapists may have schemas reflecting demanding standards, need for control, and approval seeking. Moreover, both patients and therapists may have “emotional schemas” where emotions may be viewed as threatening, overwhelming, needing “regulation” or incomprehensible. These “schema mismatches” may lead the therapist to view emotions as a waste of time, “complaining” or a sign of “rumination” and make it difficult for the therapy to elicit emotionally significant material or to allow for important experiential exposure.</p> <p data-bbox="915 1612 1549 2047">In this workshop a multi-dimensional model of resistance will be presented. These dimensions include resistance due to validation demands, emotional processing, self-consistency, schematic processing, moralistic thinking, victim roles, risk-aversion, and self-handicapping. A brief theoretical model will be reviewed for each dimension and case conceptualizations for specific examples of resistance will be presented. The participant will learn how to evaluate and conceptualize different kinds of resistance in cognitive-behavioral therapy and how to utilize a variety of cognitive, behavioral, experiential, and interpersonal strategies and techniques in dealing with resistance.</p>

# Workshop Application

**All workshops are from 10:00am to 4:00pm.**

In order to sign up for these workshops you should send this application and a check (made out to AICT) for \$150 per workshop (or \$125 if you are a graduate student and provide proof of your status) to the address below or FAX (212 308 3099) or mail the form below to:

**American Institute for Cognitive Therapy  
136 East 57th Street, Suite 1101  
New York, NY 10022**

Name: \_\_\_\_\_ Degree/Training \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Business Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

## How did you hear about the workshops?

AICT website

Posting at work

From a colleague

From someone who attended  
a workshop before

I am a returning workshop  
attendee

Print ad  
(which magazine? \_\_\_\_\_)

Other: \_\_\_\_\_

**Circle** the number of the workshop that you wish to take and enclose **\$150 for each workshop** (\$125 if you are enrolled in a Graduate Program. Provide a Xerox copy of your ID):

Workshop: 1 2 3 4 5 6 7

Name on Visa/Mastercard: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Total Charged: \_\_\_\_\_

Signature: \_\_\_\_\_

Note: Because of limited size of workshops, we can only provide admission to the first 14 people who enroll. Enrollments must be completed 10 days before the workshop. If a workshop is cancelled, your money will be refunded.

**Cancellation Policy:** No refunds will be given. There are no discounts available. Unfortunately, we do not provide continuing education credits.

## American Institute for Cognitive Therapy

The *American Institute for Cognitive Therapy* is one of the leading treatment and training centers in the United States in cognitive-behavioral therapy. We have been providing services and training since 1985. Visit our website at [www.CognitiveTherapyNYC.com](http://www.CognitiveTherapyNYC.com) for information about our staff, services and training opportunities. The Institute was founded and is directed by Dr. Robert Leahy.