

# American Institute for Cognitive Therapy

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## Weekend Workshop Schedule

### 1. Introduction to Cognitive Therapy I: Mastering the Fundamentals October 27, 2007

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.

**Workshop Leader: Dennis Tirch, Ph.D.**, American Institute for Cognitive Therapy, 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. Extensive handouts and lecture notes will be provided, along with case examples, to illustrate material throughout this workshop.

### 2. Introduction to Cognitive Therapy II: Going Beyond the Basics November 3, 2007

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.

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### 3. Overcoming Resistance in Cognitive Therapy December 1, 2007

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.

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.

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.

**Workshop Leader: Robert L. Leahy, Ph.D.**, American Institute for Cognitive Therapy, 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, & 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.

### 4. Overview of Dialectical Behavior Therapy for Borderline Personality Disorder January 26, 2008

**Who the workshop is aimed at:** Mental health professionals who work with complex, multi-diagnostic patients, and who have little to moderate prior knowledge of DBT principles.

**Background:** Dialectical Behavior Therapy (DBT), developed by Marsha M. Linehan, Ph.D. at the University of Washington, 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, and interpersonal difficulties. DBT also has been adapted to treat other diagnostic groups conceptualized as disorders of affect regulation, such as substance use and eating disorder, and shown to be effective for these populations.

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In this introductory workshop, the following **topics** will be covered:

1. Diagnostic issues and a dialectical biosocial theory of borderline personality disorder
2. DBT treatment targets and structure of treatment for multi-problem, high-suicide risk clients
3. Basic strategies used in individual DBT
4. Introduction to DBT psychoeducational group skills training

**Learning Objectives:** Following this training, the participant will be able to:

1. Describe the dialectical biosocial theory of BPD used to guide treatment planning.
2. Demonstrate an understanding of DBT treatment targets for multi-problem individuals at high risk for life-threatening behaviors.
3. Structure treatment for multi-problem individuals at high risk for life-threatening behaviors.
4. Describe the basic treatment strategies used in all modes of DBT, including individual psychotherapy, psychoeducational skills training, and telephone coaching.

**Workshop Leader: Shireen Rizvi, Ph.D.**, American Institute for Cognitive Therapy, is assistant professor of psychology at the New School for Social Research in New York City. She earned her doctorate at the University of Washington where she was trained for five years by Dr. Linehan. Dr. Rizvi is a national and international DBT trainer. Her current areas of research include: developing empirically based treatments for severe psychopathology, including borderline personality disorder and suicidal behaviors and the emotion of shame and its relation to the development and maintenance of psychopathology.

## **5. Using DBT to Help Clients with Emotion Regulation In Cognitive Therapy February 9, 2008**

In this workshop participants will learn how to incorporate techniques derived from Dialectical Behavior Therapy to help clients with emotion regulation in cognitive therapy. It is intended for those with a moderate to high level of familiarity with basic cognitive-behavioral therapy.

### **Topics covered include:**

The conceptualization of problems in emotion regulation within a dialectical-behavioral framework  
The use of self-report measures to assess emotion regulation strategies  
How to identify and challenge the erroneous beliefs that interfere with emotion regulation  
Using mindfulness to promote emotional acceptance  
Techniques to decrease negative emotions and increase positive emotions

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.

**Workshop Leader: Lisa Napolitano, Ph.D.**, American Institute for Cognitive Therapy, 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.

## 6. Cognitive Behavioral Therapy for Eating Disorders

February 23, 2008

This workshop will provide clinicians with an advanced understanding of treating eating disorders using a cognitive behavioral framework. Workshop participants will be guided through a session-by-session overview of treatment interventions including:

- clinical assessment, self-report questionnaires, and differential diagnosis
- psychoeducation using the cognitive behavioral model to describe the thoughts and behaviors maintaining binge eating, purging, and restrictive dieting
- increasing motivation and treatment compliance functional analysis and behavioral change strategies
- cognitive restructuring
- body image interventions
- dealing with common setbacks during treatment

Participants also will learn the similarities and differences in clinical features, cognitions, and behavioral symptoms between Bulimia Nervosa, Anorexia Nervosa, and Binge Eating Disorder. A clinical case and extensive handouts will be used to illustrate the material throughout this workshop.

**Workshop Leader: Rene Zweig, Ph.D.**, American Institute for Cognitive Therapy, is a staff psychologist and Director of the Eating Disorders and Weight Management Program at the American Institute for Cognitive Therapy. Dr. Zweig graduated from the University of Michigan and received her doctorate in clinical psychology from Rutgers University. She completed a pre-doctoral internship at Yale University School of Medicine and a post-doctoral fellowship at the American Institute for Cognitive Therapy. Dr. Zweig specializes in cognitive-behavioral treatment for eating disorders, weight loss, depression, substance abuse, and women's issues. Dr. Zweig has presented and received awards for her research at national professional conferences, and she has been interviewed by multiple news sources for her expertise in cognitive-behavioral therapy. Dr. Zweig also has given invited presentations at the Mt Sinai School of Medicine, Bellevue Hospital, Yale University, and Oxford University. She is currently co-authoring a book on eating disorders.

## 7. Cognitive Behavioral Therapy for Obsessive Compulsive Disorder

March 1, 2008

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.

### **Clinicians will learn how to:**

- Diagnose obsessive compulsive disorder
- Target and monitor the different symptoms that will be treated
- Learn the specifics of exactly how therapy is conducted on a session-by-session basis
- Learn how to maximize gains and prevent relapse

### **Clinicians will learn the following content on a session-by session basis:**

- Psycho-education: the latest facts and figures on obsessive compulsive disorder as described to patients
- Cognitive restructuring: how to implement systematic cognitive restructuring aimed at resolving the different cognitive distortions and schemas observed;
- 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
- Response prevention: how to block rituals in OCD patients.

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*Continued... Cognitive Behavioral Therapy for Obsessive Compulsive Disorder*

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.

**Workshop Leader: Lata K. McGinn, PhD**, Yeshiva University, Ferkauf Graduate School of Psychology, (lmcginn@aecom.yu.edu), 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.

## **8. Mindfulness and Cognitive Therapy**

### **April 5, 2008**

An important new group of cognitive-behavioral therapies have recently emerged, which draw upon nontraditional sources such as:

- mindfulness meditation
- focusing on the present moment
- cultivating willingness to endure difficult emotions
- developing emotion tolerance skills
- living a life based upon one's deepest values

These cognitive-behavioral techniques remain evidence-based and solution focused, yet they address some of the deepest and most significant aspects of being alive.

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.

**Workshop Leader: Dennis Tirch, Ph.D.**, American Institute for Cognitive Therapy, 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 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. Extensive handouts and lecture notes will be provided, along with case examples, to illustrate material throughout this workshop.

## **9. Cognitive Behavioral Therapy for Children and Adolescents**

**April 12, 2008**

This workshop will focus on the application of empirically-supported cognitive and behavioral treatment approaches for childhood and adolescent disorders. This introductory survey will cover treatment strategies for both internalizing (e.g., depression, anxiety disorders) and externalizing disorders (e.g., oppositional defiance, conduct problems, ADHD) of childhood. This introductory workshop is designed for people with a range of experience with child/adolescent treatment. Those new to treating children and adolescents will benefit from learning the basics of empirically-supported clinical applications in a collegial environment. Those who may have years experience treating children and adolescents in modalities other than CBT will gain new treatment strategies.

The first half of the workshop will focus on the externalizing disorders with information provided on anger management, behavior management, and parent training methods. Participants will learn how to identify target behaviors and follow step-by-step guidelines on implementing positive behavioral plans with parents and children/adolescents. Further, cognitive techniques for anger control, self-management, problem solving, and parent-child conflict will be reviewed. The second half of the workshop will focus on the internalizing disorders with information provided on developmentally appropriate modifications for children and adolescents of traditional CBT approaches for depressive disorders, anxiety disorders (i.e., separation, social, generalized), and obsessive compulsive disorder. Case examples and role plays will be provided to enhance learning. Although time limits will allow full case examples on only some of these areas, extensive handouts to facilitate application of material learned in the workshop will be provided on all topics covered. Further, a bibliography important recent child/adolescent CBT treatment outcome studies, as well as recommended clinical resources and treatment manuals for each domain will be provided.

**Workshop Leader: Annalise Caron, Ph.D.**, American Institute for Cognitive Therapy, completed her M.S. and Ph.D. in clinical psychology at Vanderbilt University. She received the departmental excellence in research award at Vanderbilt, and received the American Psychological Association's Elizabeth Munsterberg Koppitz Award for her research in parenting and adolescent treatment, one of three awards given nationally. Dr. Caron completed a pre-doctoral internship at Columbia University Medical Center, and stayed on to become faculty of the New York State Psychiatric Institute at Columbia, coordinating an Intervention Research Center. She continues collaborations with Columbia on community-based studies of cognitive behavioral interventions. Dr. Caron is trained in cognitive behavioral therapy with children, adolescents, and adults, and specializes in individual therapy for mood, anxiety, behavior disorders, as well as parent training. She has authored professional articles and book chapters on empirically-validated treatments for adults and children in outpatient, primary care, and school-settings, as well as studies examining the relationship between parenting and child problems. Further, she has given presentations at numerous professional conferences such as the Society for Research on Child Development, Society for Research on Adolescence, and the American Psychological Association.

**In order to enroll in any of our workshops, please see the Directions on the Application**

## Workshop Application

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

In order to sign up for these workshops you should mail 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.

Additionally, if you prefer, you can enroll on the phone (212) 308-2440 or send the application via fax (212) 308-3099.

**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 8 9

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 13 people who enroll.

Enrollments must be completed 10 days before the workshop.

**CE Credits:** Unfortunately, we do not provide continuing education credits.

**Cancellation Policy:** In the event that a workshop is canceled due to insufficient enrollment or severe weather conditions, we will notify you via email and/or phone and your payment will be refunded.

If you cancel two weeks prior to the workshop, you will receive a 50% refund. Otherwise, if you are not able to attend the workshop, no refund will be granted.

There are no discounts available.

## 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.