

The American Institute for Cognitive Therapy
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Workshops on Cognitive-Behavioral Therapy

1. March 1, 2003

Cognitive Behavioral Treatment of Panic Disorder, Agoraphobia, and Specific Phobias William C. Sanderson, PhD, Hofstra University

This workshop will focus on the application of empirically supported cognitive and behavioral treatment strategies for panic disorder and phobias. Participants will learn how to identify and focus treatment on specific thoughts and behaviors involved in the maintenance of panic attacks and phobias. Treatment strategies include: cognitive restructuring, relaxation training, breathing retraining, situational exposure, and interoceptive exposure. In addition, self-report questionnaires to objectively measure severity of core symptoms and response to treatment will be reviewed. An extensive handout will be provided which includes detailed lecture outlines, forms used to facilitate patient compliance with treatment, and various assessment scales.

Workshop Leader: William C. Sanderson, PhD (psywcs@hofstra.edu) is Professor of Psychology at Hofstra University. He has published six books and more than 75 scientific articles and chapters on anxiety disorders, depression, and cognitive behavior therapy. He specializes in Cognitive Behavior Therapy of patients with anxiety and depressive disorders, and has been treating and conducting research on such patients since 1983. Dr. Sanderson has participated on numerous national committees, including the American Psychiatric Association's DSM-IV Anxiety Disorders Workgroup, and was recently the Chair of the American Psychological Association Division of Clinical Psychology's Committee on Science and Practice (a Task Force aimed at identifying and promoting the practice of empirically supported psychological interventions -- see http://people.hofstra.edu/faculty/William_C_Sanderson for the latest report).

2. March 8, 2003

Generalized Anxiety Disorder and Social Anxiety Disorder (Social Phobia) Douglas Mennin, Ph.D. Yale University

This workshop will focus on developing a greater understanding of generalized anxiety disorder and social anxiety disorder (social phobia). Until recently, these disorders had received relatively less attention from both researchers and clinical theorists compared to anxiety disorders such as panic disorder. However, over the past decade, understanding and treatment of these conditions has begun to improve considerably. This workshop will be divided in two segments. The first segment will focus on social anxiety disorder. Characteristics of the condition and a cognitive-behavioral model will first be reviewed. Following this, an empirically supported treatment for social anxiety disorder will be presented. The second segment of the workshop will focus on generalized anxiety disorder. Diagnostic phenomena and cognitive-behavioral conceptualizations will be presented. Difficulties with these models will be discussed and an alternative, integrative model for conceptualizing and treating generalized anxiety disorder will be presented.

Workshop Leader: Douglas Mennin received his Ph.D. in clinical psychology from Temple University. He is currently an Assistant Professor in the Department of Psychology at Yale University. Dr. Mennin's research interests are in examining the role of emotional, cognitive, and neurobiological factors involved in understanding and treating anxiety disorders. Currently, Dr. Mennin has been focusing on developing an emotion regulation perspective of generalized anxiety disorder. He has authored numerous articles on anxiety and mood disorders and is currently co-editing a book for Guilford Press entitled, *Generalized Anxiety Disorder: Advances in Research in Practice*.

**3. April 5, 2003 Cognitive Behavioral Therapy for Obsessive Compulsive Disorder
Lata K. McGinn, PhD. Yeshiva University**

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: (a) diagnose obsessive compulsive disorder (b) target and monitor the different symptoms that will be treated, (c) learn the specifics of exactly how therapy is conducted on a session-by-session basis and, (d) learn how to maximize gains and prevent relapse. Clinicians will learn the following content on a session-by session basis: (1) 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; (4) 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, (5) Response prevention: how to block rituals in OCD patients. 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 in the current healthcare environment. 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: Dr. Lata McGinn is currently Associate Professor of Psychology and 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. Dr. McGinn also lectures widely, conducts seminars and workshops, and maintains a small private practice in New York City.

**4. April 12, 2003 Helping Patients Overcome Impasses in Cognitive Therapy.
Robert L. Leahy, Ph.D. Director, American Institute for Cognitive Therapy; Clinical Associate Professor, Weill-Cornell Medical College**

A multidimensional model of resistance to change or non-compliance is proposed. Of specific focus in this workshop is resistance to change due to validation demands, emotional processing, self-handicapping and commitment to sunk costs. Methods for evaluating each dimension and specific intervention strategies are offered. Resistance to change in cognitive-behavioral therapy is viewed as an opportunity to enhance case conceptualization and integrate strategies from various models. These various dimensions of resistance are viewed within a cognitive model of psychopathology that integrates cognitive schemata, interpersonal processes and emotional processing.

Workshop Leader: Robert L. Leahy, Ph.D. was recently elected to be the next President of the International Association of Cognitive Psychotherapy. Currently, Dr. Leahy is Clinical Associate Professor of Psychology in Psychiatry at Cornell University Medical School, the author of 130 articles and papers, and the editor and author of eleven books. He is the Editor of *The Journal of Cognitive Psychotherapy* and he serves on the Executive Committee of the International Association of Cognitive Psychotherapy and with the Executive Board of the Academy of Cognitive Therapy. Dr. Leahy's recent books include *Cognitive Therapy: Basic Principles and Applications*, *Practicing Cognitive Therapy*, *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),

Clinical Applications of Cognitive Psychotherapy (ed. with Dowd) and *Psychology and the Economic Mind*.

5. April 26, 2003 Dialectical Behavior Therapy
Ingrid Kemperman, M.D., Columbia Presbyterian- New York State Psychiatric Institute (NYSPI).

In this workshop we will provide an overview of Dialectical Behavior Therapy (DBT), a treatment originally developed for borderline personality disorder. DBT provides tools to increase client and therapist motivation, facilitate change in multi-problem patients, and manage crises and difficult problems that arise in session. The main “dialectic” in dialectical behavior therapy is the balancing of change strategies with acceptance strategies. In addition to discussing specific strategies that facilitate change in emotionally and behaviorally dysregulated clients, we will discuss how validation strategies are crucial when working with this population.

Workshop Leader: Ingrid Kemperman, M.D. is currently a Research Scientist at Columbia Presbyterian- New York State Psychiatric Institute (NYSPI). At NYSPI she is involved in an efficacy study of Dialectical Behavior Therapy (DBT) as well as research on the biological basis of borderline personality disorder. Dr Kemperman developed the DBT program at New York Presbyterian Hospital and served as the Director of the DBT Program at the Payne Whitney Clinic from 1997-2001. She has published journal articles and book chapters on such things as the biologic basis of self-injurious behaviors and brain imaging in personality disorders. She has given numerous talks and workshops on the application of Dialectical Behavior Therapy in various settings and patient populations.

6. May 10, 2003 Phase-Based Treatment of Post Traumatic Stress Disorder (PTSD)
Marylene Cloitre, Ph.D. New York University Child Study Center

This workshop will present the rationale and interventions belonging to an empirically supported treatment for Post Traumatic Stress Disorder. The treatment has been successful with both adult and adolescent clients and is particularly well suited for individuals who have experienced multiple or chronic traumatization. The program treatment is organized into two phases. The first phase focuses on skills training in emotion regulation and interpersonal functioning (STAIR). This phase is intended to enhance quality of life by addressing the skills deficits so commonly found among the chronically traumatized. The second phase of treatment focuses on an adaptation of prolonged exposure to the trauma memories via the development of a narrative about the trauma and its place in a life story. The treatment has been shown to provide significant improvement in three targeted symptom areas: emotion regulation skills, interpersonal functioning and PTSD symptoms. In addition, Phase 1 improvement in emotion regulation skills and development of a good therapeutic alliance were predictive of success in the phase 2 exposure work as measured by PTSD symptom reduction.

Workshop Leader: Marylene Cloitre, Ph.D is the Cathy and Stephen Graham Professor of Child and Adolescent Psychiatry at the New York University School of Medicine. She is the founder and director of the Institute for Trauma and Stress at the NYU Child Study Center. Dr. Cloitre was a member of the National Committee to Provide Treatment Guidelines for PTSD and has published widely on the assessment and treatment of PTSD, particularly as related to childhood abuse. She is currently writing a book for Guilford Press oriented to clinicians and lay persons on the above treatment.

7. May 17, 2003 Sex Therapy.
Ursula Ofman, Psy.D., Rutgers University and Private Practice NYC

This workshop is designed to increase the practitioner's knowledge base and comfort level in dealing with sexual issues presented by their patients. Sexual dysfunctions typically are closely connected to other issues patients are struggling with in their therapy. However, therapists often

hesitate to explore sexual concerns of their patients in depth and connect them to the overall experience of the patient in therapy. Participants in this workshop will review the sexual dysfunctions and their psychological and medical causes. They will become familiar with the issues that are typically associated with different dysfunctions and how they connect to issues the patient addresses in psychotherapy. Strategies for designing cognitive behavioral treatments for different sexual dysfunctions and difficulties will be presented. Participants may e-mail brief case descriptions prior to the workshop that will be used for illustration and practice purposes during the workshop.

Workshop Leader: Ursula Ofman, Psy.D., formerly with the Sex Therapy Treatment Program, Weill-Cornell University Medical School. She has been a sex therapist during the past 22 years, having worked for 10 of these years with Dr. Helen Singer Kaplan. She has written and lectured extensively on sexual issues during and after cancer treatment. Dr. Ofman is currently in private practice in midtown Manhattan and supervises graduate students for Rutgers University and the Department of Veterans Affairs.

In order to sign up for these workshops you should send a check (made out to AICT) for \$125 per workshop (or \$100 if you are a graduate student and provide proof of your status) to the address below or FAX (212 308 9099) 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: _____

Circle the number of the workshop that you wish to take and enclose **\$125 for each workshop** (\$100 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: _____ 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 for information about our staff, services and training opportunities. The Institute was founded and is directed by Dr. Robert Leahy.

