

Introduction to Cognitive Behavioral Analysis System of Psychotherapy (CBASP)

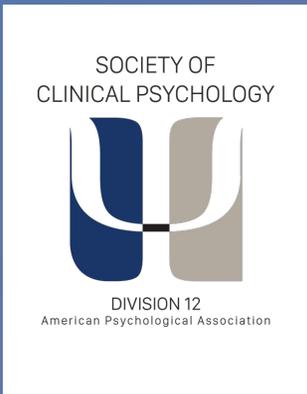
May 27th, 2021 | 4:00 PM-6:00 PM EST

Early Bird Rate: \$45 CAD | Regular Rate: \$55 CAD
Until April 15

Online Event

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Attendees are eligible to receive 2.0 Continuing Education Credits from the Canadian (CPA) and American (APA) Psychological Associations.



Jennifer Kim Penberthy
Ph.D., ABPP

Jennifer Kim Penberthy, Ph.D., ABPP is the Chester F. Carlson Professor of Psychiatry and Neurobehavioral Sciences at the University of Virginia School of Medicine, where she conducts research, teaches, and provides clinical care. Dr. Penberthy provides clinical treatment to patients in Psychiatry and the University of Virginia Emily Couric Clinical Cancer Center and also works with the Clinician Wisdom & Wellbeing program to mentor physicians and health care workers at UVA and nationally. She is the Associate Director of the Clinician Wellness Program and is a Fellow of Humanism in Medicine at the University of Virginia. She is Co-Director of the Effective Communication and Coping Skills for Physicians Continuing Medical Education Program at UVA and is on the UVA Diversity Consortium and and past chair of APA Division 12 Diversity Committee. She is on the advisory committee for the American Psychological Association Continuing Education Committee and a fellow in the APA Leadership Institute for Women in Psychology and a Council Representative to the American Psychological Association from the Society of Clinical Psychology. She is past-president of the International CBASP Society and a founding member of the CBASP Training Program. She has published extensively and lectures internationally about psychotherapy, physician and clinician wellness, and mindfulness-based interventions, including pain management. Her most recent book is co-authored with her daughter, Morgan, and is called "Living Mindfully Across the Lifespan: An Intergenerational Guide."



Christopher J. Gioia
Ph.D.

Christopher J. Gioia, PhD is a clinical associate professor in the psychology department at the University of Wisconsin- Madison (UW-Madison). He also serves as the assistant director in the UW-Madison Psychology Research & Training Clinic, where he teaches and supervises graduate students providing clinical care. In addition to his responsibilities at UW-Madison, Dr. Gioia works part-time at a group private practice providing clinical care. He is certified to provide Cognitive Behavioral Analysis System of Psychotherapy (CBASP) and is the current treasurer of the International CBASP Society. His clinical interests include chronic depression, substance abuse, and anxiety related disorders.

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Register for the course

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Prices in CAD

This workshop will provide an introduction to the theory of and hands-on practice with the major techniques of the Cognitive Behavioral Analysis System of Psychotherapy, an evidenced-based treatment for chronic depression. We will review how CBASP is designed to address interpersonal avoidance and teach coping skills by promoting felt safety with the therapist and an acquisition of “perceived functionality” – that is, the patient’s ability to recognize and begin to change the consequences of their behavior. CBASP is effective in reducing depressive symptoms in chronically depressed individuals, and is more effective than antidepressant monotherapy in chronic depressives with a confirmed history of childhood trauma and early adversity. We will present the CBASP empirical methodology to facilitate and measure exactly what and how much is being learned during the course of therapy. The major treatment strategies of CBASP will be presented and include the Significant Other History (SOH), Situational Analysis [SA] and two techniques using therapist disciplined personal involvement (DPI). The SOH is a developmental interpersonal learning history used to help define the therapist’s role in treatment. The SA is a problem-solving algorithm taught to patients demonstrating that the interpersonal dilemmas patients report in therapy are, in part, self-productions that can be resolved. The interpersonal circumplex is described in order to facilitate understanding of the interpersonal skills and stance that PDD patients must learn in order to be more effective in learning perceived functionality. The disciplined personal involvement (DPI) methodologies of interpersonal discrimination exercises and contingent personal responsivity, are used by the therapist to heal earlier developmental trauma and also modify current pathological interpersonal behavior. Disciplined personal involvement will be reviewed to demonstrate how these novel approaches are ethically used to modify patient behavior.

- Describe the basic theory of and rationale for CBASP, as well as research supporting its evidence.
- List potential ethical issues in working with this population and using CBASP.
- Describe the significant other history and its role in CBASP.
- Describe the situational analysis technique and demonstrate use of this.
- Describe the two techniques use for disciplined personal involvement: interpersonal discrimination and contingent personal responsivity.
- Describe the interpersonal circumplex and its use in CBASP.

Society of Clinical Psychology, Division 12 of APA is approved by the American Psychological Association to sponsor continuing education for psychologists. Society of Clinical Psychology, Division 12 of APA maintains responsibility for this program and its content.



- A full refund minus a \$20 CAD administration fee will be issued for all cancellations requested at least 2 weeks prior to the course
- A 50% refund will be issued for all cancellations that are within 2 weeks of the course
- All tickets are transferable; to transfer your ticket to another person please contact us at: info@unifiedcbt.com

Unified CBT Academy reserves the right to cancel this workshop at its discretion. In the unlikely event, a workshop must be cancelled, the full workshop fees will be refunded.

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