

Regular Rate: \$585

Early Rate: \$499
(Until Feb 28th, 2022)

Student Rate: \$499

Prices in Canadian Dollars

Cognitive Behavioral Analysis System of Psychotherapy (CBASP) for Persistent Depressive Disorders

March 28th to 30th 2022 | 8:30 AM-5:00 PM EST



Jennifer Kim Penberthy

Ph.D., ABPP
University of Virginia School of Medicine



Christopher J. Gioia

Ph.D.
University of Wisconsin-Madison



Liliane Sayegh

Ph.D.
McGill University



Sarah Meshberg-Cohen

Ph.D.
Yale School of Medicine

This 3-day workshop will provide an in-depth training in and hands-on practice with the major techniques of Cognitive Behavioral Analysis System of Psychotherapy, an evidenced-based treatment for persistent 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 core treatment strategies of CBASP will be presented and include the Significant Other History (SOH), Situational Analysis (SA) and the two techniques of Contingent Personal Responsivity (CPR) and Interpersonal Discrimination Exercises (IDE) 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 disciplined personal involvement methodologies are used by the therapist to heal earlier developmental trauma and employ a contingent manner of involvement by the therapist to modify pathological interpersonal behavior. Disciplined personal involvement will be reviewed to demonstrate how these novel approaches are ethically used to modify patient behavior. Additionally, we will review and demonstrate adaptations made to use CBASP for chronically depressed patients who also meet criteria for alcohol use disorders, bipolar depression and post-traumatic stress disorder (PTSD). Finally, CBASP adapted for group therapy will be demonstrated.



Describe the theoretical rationale for Cognitive Behavioral Analysis System of Psychotherapy (CBASP) and its therapeutic components.



Describe how a depression timeline is used to diagnose persistent depressive disorders (PDD) and used in CBASP.



Describe the significant other history (SOH) and how it differs from a clinical history.



Describe the transference hypothesis as it relates to CBASP and list the steps involved in its use.



Describe the situational analysis (SA) and how it differs from a cognitive thought diary and list the steps involved in its use within CBASP.



Describe CBASP adaptations for Major Depression with co-morbid substance use disorders, for bipolar depression, for PTSD and for group therapy.

List of Topics to be Covered

Step by Step application of CBASP

Situational Analysis

Group-CBASP

Persistent Depressive Disorders

Significant Other History

Disciplined Personal Involvement

Contact Dr. Sanjay Rao

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Phone: +1 (888) 631-6111

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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 is a researcher, teacher and a clinician. She is a fellow in the APA Leadership Institute for Women in Psychology. She is past-president of the International CBASP Society and a founding member of the CBASP Training Program. She is an international expert on chronic depression, psychotherapy, clinician wellness, and mindfulness-based interventions. She has written books on CBASP, Persistent Depressive Disorders and recently co-authored with her daughter, Morgan, titled "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.



Liliane Sayegh
Ph.D.

Liliane Sayegh, Ph.D., is a clinical psychologist and researcher who worked at the Douglas Mental Health University Institute in Montreal, Quebec, Canada for 30 years and is assistant professor at McGill University's department of psychology. She specializes in mood disorders and is an accredited psychotherapist in CBASP for depression and in Kernberg's Transference-Focused Psychotherapy for personality disorders. She published with Dr. Penberthy the therapist's and patient's manuals adapting CBASP for group therapy and her research on the effectiveness of Group CBASP for Persistent Depression and bipolar depression. She lectured and trained graduate students and professionals in CBASP in Montreal, Quebec and internationally and is the current secretary of the International CBASP Society.



Sarah Meshberg-Cohen
Ph.D.

Sarah Meshberg-Cohen, Ph.D., is a clinical psychologist who serves as the Director of the VA Connecticut's Outpatient Addiction Recovery Service (OARS), and is an Assistant Professor in the department of psychiatry at Yale School of Medicine. Dr. Meshberg-Cohen specializes in the treatment of substance use disorders (SUD) and comorbid psychiatric conditions, often involving chronic depression and trauma. She is a certified provider of Cognitive Behavioral Analysis System of Psychotherapy (CBASP) and has provided workshops, seminars, and supervision on CBASP to providers and trainees for the past 15 years.

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