

WEDNESDAY 5 JUNE 2019
09:00 – 17:00

Room 12

An Introductory Course, for all team members, in Cognitive Behavioral Therapy and Interpersonal Therapy

Instructor: Alexandra Klein Rafaeli, Tel Aviv, IL

09:00 – 10:00	CBT principles: assessment and formulation, session structure, cognitive restructuring, exposure experiments, transdiagnostic treatment goals, monitoring and homework
10:00 – 10:30	The third wave of CBT: introduction to mindfulness
10:30 – 11:00	Case example and discussion of how to apply CBT when caring for patients with cystic fibrosis
11:00 – 11:20	COFFEE BREAK
11:20 – 12:20	What is IPT and how is it similar to/different from CBT?
12:20 – 13:20	LUNCH BREAK
13:20 – 14:20	How to conduct the interpersonal inventory, IPT case formulation, identify interpersonal problem areas, and use IPT techniques
14:20 – 15:10	Case example and discussion: how to apply IPT when caring for patients with cystic fibrosis
15:10 – 15:30	COFFEE BREAK
15:30 – 17:00	Termination phases and conclusion (CBT and IPT) – final thoughts and shared clinical examples