

An Introductory Course in Cognitive Behavioral Therapy (CBT) and Interpersonal Therapy (IPT)

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Course Objectives:

To learn basic CBT and IPT concepts, both theoretical and practical

To practice (experientially) CBT/IPT techniques

To discuss ways in which IPT/ CBT can be applied to treating patients with chronic illness

This workshop is an introduction to CBT and IPT. Dr. Rafaeli will present the major principles that make up CBT and IPT formulations and interventions, and how these evidence based approaches can be applied to the treatment of individuals with chronic illness. The workshop will also allow time for hands-on practice of specific techniques, as well as discussion of clinical cases.

Major Principles covered in the course:

Diagnosis and psychoeducation

Time limited treatment

Formulation

Treatment goals and ongoing assessment

Protocols-when and when not?

Therapeutic alliance

Increasing affect regulation

Between session tasks – Homework and monitoring

Overview of course

1. CBT Principles: Assessment and Formulation, Session Structure, Cognitive restructuring, Exposure Experiments, Transdiagnostic treatment goals, Monitoring and Homework
2. The Third Wave of CBT: Introduction to Mindfulness
3. What is IPT and how is it similar/different than CBT?
4. How to Conduct the Interpersonal Inventory
5. IPT Case Formulation: Identifying interpersonal problem areas
6. IPT Techniques: *communication analysis* and *roleplaying*.
7. Termination Phase and Conclusion (CBT and IPT)