Advanced Cognitive Behavioral Techniques For Lasting Change

Cognitive Behavioral Therapy (CBT) is one of the most effective forms of psychotherapy, a gold standard treatment that can be applied to a wide range of psychological disorders. With hundreds of randomized controls trials to demonstrate its impact, cognitive behavioral therapy has been shown to be one of the most efficacious and well-validated forms of treatment within the mental health community. However, many clinicians struggle to effectively implement it in a powerful way with their clients. Join clinical psychologist, author, and international speaker Jonah Paquette for an exciting hands-on workshop aimed at helping you bring your CBT skills into your life and your clinical work. You’ll leave equipped to improve your clinical skills and achieve better therapeutic outcomes with even your most challenging clients.

This seminar will provide you with a deeper understanding of how CBT can be applied to a wide range of problems, and will help you master the core competencies of CBT treatment. In addition, attendees will be provided with powerful, practical, and easy-to-use tools that you can use in your clinical practice starting right away. Through didactic presentation, hands-on practice, and opportunities for reflection, you’ll learn how to expertly apply these approaches into your life and your clinical work. You’ll leave equipped to improve your clinical skills and achieve better therapeutic outcomes with even your most challenging clients.

Seminar Schedule

Begin 12 PM EST and end 7 PM ET, with 15 minute breaks at 1:30 and 5:30, and a 30 minute lunch break at 4 PM ET

An Overview of CBT
Core Principles
Thoughts, Beliefs, Schemas, and Distortions
Common Maladaptive Mindsets
A Review of 10 Core Cognitive Distortions
Break 1:30-1:45 PM ET
CBT in Action: The Key Processes
How to foster an effective alliance
Methods and Interventions
Lunch Break 4-4:30 PM ET
Key Techniques
A review of over 30 approaches to change maladaptive thoughts
Integrating Mindfulness and CBT
How mindfulness complements cognitive behavioral approaches
Break 5:30-5:45 PM ET
Cognitive Defusion
An overview of 15+ defusion practices
End 7 PM ET

Key Techniques

How mindfulness complements cognitive behavioral approaches

Practice Drills

Identify key sources of therapeutic resistance and how to navigate it

List several methods of setting an effective agenda when working with challenging clients, and explain common errors that can be made pertaining to setting a successful agenda

How to foster an effective alliance

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How mindfulness complements cognitive behavioral approaches

Break 5:30-5:45 PM ET

Cognitive Defusion

An overview of 15+ defusion practices

End 7 PM ET

Dr. Paquette is a psychologist at Kaiser Permanente in the San Francisco Bay Area, where he conducts group and individual psychotherapy, performs crisis evaluations, and serves as the Training Director for an APA-Accredited postdoctoral residency program. In addition to his clinical work and writing, Dr. Paquette offers training and consultation to therapists and organizations on the promotion of happiness and conducts professional workshops around the country. He is also a frequent media contributor, having been featured regularly in print, online, and radio outlets. Dr. Paquette’s clinical experiences have spanned a broad range of settings, including Veterans hospitals, community mental health clinics, college counseling centers, and his current work at Kaiser Permanente.

General Information

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Tzkseminars
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The Presenter


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