



# Harnessing Hope & Reducing Relapse: Engaging Clients in Cognitive Therapy for Depression

January 26 & 27, 2006 • Radisson Paper Valley Hotel

## AGENDA

### Day 1 — Thursday, January 26

**7:30-8:20 a.m.** Registration & Continental Breakfast

**8:20-8:30 a.m.** Welcome and Introduction  
*Steve Kromholz, Executive Director  
ThedaCare Behavioral Health*

**8:30 a.m.-Noon** (15 minute break at 10:00 a.m.)

#### Foundations of Cognitive Therapy for Depression

- Client passivity – Therapy activity
- Global complaints – Clear goal setting
- Low motivation – Behavior experiments
- Poor treatment adherence – Compliance behaviors and beliefs
- Self-criticism – Development of curiosity through guided discovery
- Pessimism – Thought testing
- Hopelessness – Structured problem solving
- High relapse risk – Skills training to reduce relapse

#### Cognitive Therapy for Depression: Protocol and Methods

- Treatment protocol overview
- Why emphasize client engagement?
- What is the role of medication?

#### KEY Treatment Processes: Collaboration and Guided Discovery

- Importance of Therapy Alliance
- Demonstration: “On the spot” collaborative case
- Conceptualization: 5-part model
- Participant practice: 5-part model

**Noon – 1:00 p.m.** HOSTED LUNCHEON

**1:00-4:30 p.m.** (15 minute break at 2:30 p.m.)

#### Goal Setting: [Link to 5-part model](#)

#### Overview *Mind Over Mood* book - [how it helps engagement](#)

#### Behavioral activation

- Clinical Demonstration: Use of Activity Schedule
- Small Group Exercise: Debriefing the Activity Schedule to maximize learning

#### Improving adherence to learning tasks

#### Thought Record demonstration

- Identifying & rating moods ([link to Activity Schedule](#))
- Identifying automatic thoughts & hot thoughts

#### Group Practice: 1st Three Columns of Thought Record

- Identify and rate moods
- Identify automatic thoughts & hot thoughts
- Identification of the hot thought: Troubleshooting difficulties

#### Suicide: Key interventions

### Day 2 — Friday, January 27

**8:00-8:20 a.m.** Sign in & Continental Breakfast

**8:20-10:00 a.m.** (15 minute break at 10:00 a.m.)

#### Where’s the Evidence?

- Video: Stages of guided discovery
- Evidence for and against the hot thought
- Group Practice: Columns 4-5 of thought records
- Troubleshoot testing the hot thought

#### Alternative/Balanced Thoughts

- Group Practice: Columns 6 & 7 of Thought Record
- What do you do when depressed clients don’t feel better using thought records?
- Troubleshoot identifying balanced/alternative thought
- Reminder: Action Plans and Behavioral Experiments as needed

**Noon – 1:00 p.m.** HOSTED LUNCHEON

**1:00-4:30 p.m.** (15 minute break at 2:30 p.m.)

#### Relapse Prevention

- Identifying Underlying Assumptions (UA’s)
- Use of Behavioral Experiments to test UA’s
- Identification and testing of Core Beliefs in CT for depression

#### Group Cognitive Therapy for Depression

- Principles and Methods

#### Demonstration of Group CT for Depression

- Participant commentary on group demonstration
- Discussion and debriefing

#### Workshop Highlights: Harnessing Hope & Reducing Relapse

**PRESENTER** — Christine A. Padesky, Ph.D.

Dr. Padesky is considered one of the leading cognitive therapy workshop presenters in the world. She has presented over 275 workshops to more than 30,000 professionals throughout North America and Europe.

She is a Distinguished Founding Fellow of the Academy of Cognitive Therapy and former President of the International Association for Cognitive Psychotherapy. In 2002, the British Association of Behavioral and Cognitive Psychotherapies (BABCP) named Dr. Padesky the “Most Influential International Cognitive-Behavioral Therapist.”

Dr. Padesky provides consultation to mental health professionals worldwide and develops audio & videotape training materials (described on her Web site, [www.padesky.com](#)).

She is co-author of books translated into seventeen languages including *Cognitive Therapy of Personality Disorders*, *Clinician’s Guide to Mind Over Mood*, and *Cognitive Therapy with Couples*. BABCP voted her book best selling cognitive therapy self-help book *Mind Over Mood: Change How You Feel by Changing the Way You Think* ([www.mindovermood.com](#)) the most influential cognitive therapy book of all time.

## OUR PROGRAM

Christine A. Padesky, PhD. provides in-depth training regarding CT for unipolar depression, emphasizing how to overcome common stuckpoints and challenges. Dr. Padesky demonstrates how to individualize this protocol in pace, content and interpersonal style to match client needs and personality.

A key theme of the workshop is how to engage clients in therapy, especially when clients are pessimistic or hopeless about the positive value of therapy tasks. Dr. Padesky models language, attitudes and metaphors that encourage client engagement and engender hope.

In addition to video and live demonstrations of protocol methods, the workshop includes structured participant exercises and role-plays, illustrative handouts, and a live demonstration of group cognitive therapy for depression. **(Participants who own the client manual, *Mind Over Mood* (Greenberger & Padesky, 1995, Guilford Press) are advised to bring it to the workshop since several workshop exercises will use worksheets from this book.)**

Depression is one of the most prevalent mental health problems. Cognitive therapy is an evidence-based practice shown to effectively treat depression and prevent relapse.

## COURSE OBJECTIVES

*By the end of this workshop, participants will be able to:*

- Practice strategies helpful with each of the ten stages of depression treatment
- Use language and the therapy relationship to enhance client engagement in therapy
- Employ guided discovery to help clients test out thoughts on a 7-column thought record
- Debrief homework assignments with an emphasis on client learning
- Understand how to collaboratively engage members during group CT for depression

## COURSE FEE

Conference fee of \$250 includes continental breakfast both days, lunch both days, all course materials and 12 contact hours of CEU. There is a \$25 discount, per person, for groups of four or more registering together. **Registration deadline is January 6, 2006.**

## CANCELLATION POLICY

ThedaCare Behavioral Health reserves the right to cancel due to insufficient enrollment or inclement weather. Registration fees will be refunded in full.

## FEES FOR LATE REGISTRATION

Register NOW to avoid the late registration fee. The dead-line for registration is January 6, 2006. **After January 6, 2006, a late fee of \$35 applies.**

## REGISTRANT CANCELLATION

Cancellations received five (5) business days or more prior to the workshop, may receive a refund, less a \$35 administrative fee. No refunds will be given for cancellations less than five days prior to workshop. Please note that if you do not attend and you do not cancel as described above, you are responsible for the entire payment. **Cancellations must be received in writing at ThedaCare Behavioral Health 1095 Midway Road, Menasha, WI 54952; fax (920) 720-3719.** In lieu of cancellation, you may send a substitute to attend in your place.

## ATTIRE

The meeting room temperatures and personal comfort levels vary. It is recommended that you bring a sweater or jacket.

## HOTEL ACCOMMODATIONS

Rooms are available at the Radisson Paper Valley at a special conference rate of \$89.00 single/double. To guarantee this rate, and to ensure a room will be available, reservations must be made by **January 4, 2006.**

To make a reservation, please call the Radisson Paper Valley Hotel at 800-333-3333 and mention ThedaCare Behavioral Health and the dates of the conference. For directions and map to the hotel, please visit: [www.radissonpapervalley.com](#).

## CONTINUING EDUCATION ACCREDITATION

ThedaCare Behavioral Health is approved as a provider of continuing education by the Wisconsin Society for Healthcare and Training (WISHET).

CEUs: ThedaCare Behavioral Health designates this activity for 12 contact hours of continuing education (12 contact hours equal to 0.12 CEU’s).



Approved for 12 CEU hours through WAMFT, WI Association for Marriage & Family Therapists.

## SATISFACTORY COMPLETION

Participants must have paid tuition fee, signed in, attended the entire workshop, completed an evaluation, and signed out, in order to receive a certificate and letter of completion/ attendance. Participants not fulfilling these requirements will not receive a certificate of attendance. Failure to sign in or out will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available. Certificates of attendance will be available the day of the workshop.



**ADA Statement:** ADA accommodations will be made in accordance with the law. If you require ADA accommodations, please indicate what your needs are at the time of registration. ThedaCare Behavioral Health cannot ensure the availability of appropriate accommodations without prior notification.