

Workshop: Conceptualization-Driven Cognitive Behavioural Therapy for Psychosis

This 5-Day experiential workshop focuses on developing clinical skills for working with clients experiencing distressing psychosis. This recovery-focused approach focuses on cognitive case conceptualization and treatment planning for a variety of experiences of psychosis including delusions, hallucinations, negative symptoms, and communication disturbances. Longitudinal case conceptualization is highlighted as well as methods of working with core beliefs underlying psychosis and trauma. This workshop emphasizes practical development of clinical skills through live clinical demonstrations, video demonstrations, case examples, role-plays, and discussions of common challenges treating psychosis.

Michael W. Best, Ph.D., C.Psych

Dr. Michael Best is an Assistant Professor in the Graduate Department of Psychological Clinical Science at the University of Toronto where he is Director of both the Therapeutic Interventions for Psychosis Lab and the Clinical Research and Evaluation Center. He completed his graduate training at Queen's University and his residency at the Aaron T. Beck Psychopathology Research Centre in Philadelphia, PA. Dr. Best conducts clinical trials of CBT for psychosis and has worked in a variety of settings including inpatient, outpatient, assertive community treatment, and early psychosis intervention. Dr. Best has trained graduate students, psychiatry residents, and conducted CBTp trainings across North America. He is a Diplomate of the Academy of Cognitive and Behavioural Therapies and a Fellow of the Canadian Association of Cognitive and Behavioural Therapies.



Format

Delivered virtually on Zoom from 9:00 – 4:00 EST on consecutive Fridays over 5 weeks. Workshop recordings will be made available to all attendees.

Dates

Friday October 13, 2023
Friday October 20, 2023
Friday October 27, 2023
Friday November 3, 2023
Friday November 10, 2023

Fees For:	Early Bird (Before August 1)	Full Fee (After August 1)
Graduate Students	\$350	\$500
Postdoc/MD Residents	\$450	\$600
Healthcare Professionals	\$550	\$700

Schedule

Day 1	AM	Introduction to CBTp: Protocol, Values, Structure
	PM	Collaborative Conceptualization and Protocol Adaptations for Challenging Presentations
Day 2	AM	Cognitive Conceptualization of Delusions / Unusual Thoughts
	PM	Cognitive Behavioural Techniques for Delusions / Unusual Thoughts
Day 3	AM	Cognitive Conceptualization of Hallucinations / Unshared Experiences
	PM	Cognitive Behavioural Techniques for Hallucinations / Unusual Thoughts
Day 4	AM	Cognitive Conceptualization and Treatment of Disordered Communication
	PM	Cognitive Conceptualization and Treatment of Negative Symptoms
Day 5	AM	Longitudinal Conceptualization and Core Beliefs
	PM	Consolidation, Wellness Planning, Booster Sessions; SPECIAL TOPIC: Providing CBTp Virtually

Consultation

Training standards for CBTp highlight the importance of ongoing supervision or consultation in developing competency. Attendees at the 5-Day Workshop will be given the opportunity for ongoing consultation either individually or in groups at a discounted rate following the workshop. To discuss consultation options please email m.best@bestpsychology.ca

Register Here: <https://www.bestpsychology.ca/event-details/cbtp-workshop-2023>