Cognitive Therapy for Personality Disorders

Judith S. Beck, Ph.D.

March 4, 2011
9:30 AM – 4:30 PM

The Broadway Church
2700 East Broadway, Vancouver BC V5M 1Y8

CE Credit Hours: 6

Registration opens online on January 15, 2011 at www.psychologists.bc.ca
Judith S. Beck, Ph.D.

Judith S. Beck, Ph.D., is the President of the Beck Institute for Cognitive Therapy (www.beckinstitute.org) and Research, a non-profit organization in suburban Philadelphia that trains mental health professionals, nationally and internationally, in Cognitive Therapy. She is also Clinical Associate Professor of Psychology in Psychiatry at the University of Pennsylvania. She received her doctoral degree from the University of Pennsylvania in 1982 and currently divides her time among teaching and supervision, administration, clinical work, program development, research, and writing. Dr. Beck has written nearly 100 articles and chapters and made hundreds of presentations, nationally and internationally, on a variety of topics related to cognitive therapy. She is the author of the widely adopted textbooks, Cognitive Therapy: Basics and Beyond, translated into over 20 languages, and Cognitive Therapy for Challenging Problems. Her other books include Cognitive Therapy of Personality Disorders and the Oxford Textbook of Psychotherapy. She has written extensively on a cognitive behavioral approach to weight loss, including The Beck Diet Solution and two other books for consumers. Dr. Beck is a founding fellow and past president of the Academy of Cognitive Therapy, a non-profit organization that certifies mental health professionals in cognitive therapy, and has been a consultant for several NIMH research studies.

Workshop summary

Patients with personality disorders can be particularly difficult to treat when they bring the same dysfunctional beliefs about themselves and others to the context of therapy. Therapists need to learn specific skills of how to conceptualize personality disorder patients according to a cognitive framework and how to use this cognitive conceptualization to diagnose problems in therapy, plan treatment, develop a strong working alliance, and select effective cognitive and behavioral techniques. Advanced strategies such as using psychodynamic-like techniques to enhance the therapeutic relationship and restructuring the meaning of childhood trauma through imagery are often needed in order for patients to change their underlying beliefs at both an intellectual and at an “emotional” level.

Learning goals & objectives

At the conclusion of the program, participants will be able to:
• Identify key cognitions of patients with personality disorders.
• Enhance their ability to establish a sound therapeutic alliance with personality disorder patients.
• Choose effective strategies to help personality disorder patients modify underlying beliefs.

Payment information & registration form

Two easy ways to register:
• Online at www.psychologists.bc.ca
• Mail this form with your cheque (not post-dated) to:
  BC Psychological Association
  Suite 204, 1909 West Broadway, Vancouver, BC V6J 1Z3

Important things to know before registering:
• For your safety, we are not accepting phone or fax registrations anymore. Please register online or by using this form;
• Registration opens on January 15th, and it closes on February 28th. The early bird deadline is February 7th;
• This workshop is open to both members and non-members of the Association; current members are eligible for a discounted price. If your membership with BCPA is not current, you will be charged the regular price for this workshop.

Participant information

Protected under the BC Personal Information Act

☐ I will attend Judith Beck’s workshop
☐ I am a current BCPA member or affiliate
☐ I agree to the cancellation policy (required)

Name: __________________________
Address: ________________________
City: ____________________________
Postal Code: _____________________
Phone: __________________________
Email: __________________________

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