



COGNITIVE THERAPY FOR SOCIAL ANXIETY DISORDER IN ADULTS AND ADOLESCENTS (6CES)

David M. Clark, DPhil

Hosted by the Northern California CBT Network

DATE

Saturday, September 21, 2024
10:00am—5:00pm (PT)

LOCATION

David Brower Center
2150 Allston Way
Berkeley, CA 94704

REGISTER

www.nccbt.net

(Limited to 72 people. Check-in begins at 9:30 am. Lunch, snacks, coffee, and tea provided.)

FEES

Members

Early Bird Rate (on or before 08/02/24)

- Professional Member - \$150
- Early Career Member - \$100
- Pre-Licensed Associate - \$60
- Student - \$25

Regular (after 08/02/24)

- Professional Member - \$175
- Early Career Member - \$125
- Pre-Licensed Associate - \$75
- Student - \$30

Non-Members

(Register after 08/02/24)

- Professional - \$185
- Pre-Licensed Associate/Student - \$85

CANCELLATION

Requests must be received via email 10 days prior to event unless due to a contagious illness. All cancellations are subject to a \$35.00 processing fee per workshop.

QUESTIONS?

Email support@nccbt.net.

DESCRIPTION

Dr. Clark will present the Clark and Wells cognitive model of social anxiety disorder and teach the distinctive form of cognitive therapy that was developed to target the mechanisms specified in the model. Excitingly, clinical trials in multiple countries have established that the treatment is superior to other active treatments including traditional group CBT, exposure therapy, interpersonal therapy and psychodynamic therapy. The workshop will introduce the key treatment components including: a self-focused attention and safety behaviors experiential exercise, video-feedback, externally-focused attention training, behavioral experiments, and procedures (discrimination training and memory re-scripting) for addressing early traumatic experiences that influence patients' current behavior in social situations. Guidance on the use of the most appropriate measures for identifying therapy targets and monitoring progress will be provided. Meeting strangers is a common difficulty for people with social anxiety. As one's therapist is initially a stranger, this adds an extra layer of complexity to treatment. Ways of finessing this issue are discussed. Finally, the workshop explains why some procedures that are common in other CBT programs (e.g. thought-records, positive self-talk in a phobic situation, exposure hierarchies) are NOT used in Clark & Wells' cognitive therapy program. As social anxiety disorder usually starts in adolescence, the workshop discusses how to use the treatment in adolescents as well as adults.

LEARNING OBJECTIVES

The workshop is designed to help attendees:

- 1) Identify three (3) mechanisms of persistent social anxiety.
- 2) Apply the key procedures in cognitive therapy based in the Clark & Wells model.
- 3) Monitor change in the maintenance processes during treatment.
- 4) Identify at least two (2) ways in which social anxiety poses challenges to the therapeutic relationship and how to overcome them.

SPEAKER

Dr. David M. Clark is Emeritus Professor of Experimental Psychology at Oxford University. He is well-known for his pioneering work on the understanding and psychological treatment of anxiety disorders, especially panic disorder, social anxiety disorder, health anxiety and PTSD. He has also focused on how to disseminate effective psychological treatments within the English and international healthcare systems. He is an architect of the English Improving Access to Psychological Therapies (IAPT) program. He has received Distinguished Scientist / Lifetime Achievement Awards from the British, Canadian, Dutch and American Psychological Associations. The latter described his work as "pure genius with a real-world application".

Continuing Education (CE) Credit

The San Francisco Bay Area Center for Cognitive Therapy is approved to offer **6.0 hours** of continuing education (CE). No partial CE credits are granted.

Those who attend this workshop in full and complete the appropriate evaluation form will receive CE credits. Please note that the San Francisco Bay Area Center for Cognitive Therapy will issue credit only to those who attend the entire workshop. Those who arrive more than 15 minutes after the start time or leave before the workshop ends will not receive CE credits.

The San Francisco Bay Area Center for Cognitive Therapy (Provider Approval No.: CEN034) is approved by the California Psychological Association to provide continuing professional education for psychologists. The California Board of Behavioral Sciences (BBS) recognizes CE credit offered by any CPA-approved provider for license renewal for its licensees. The San Francisco Bay Area Center for Cognitive Therapy maintains responsibility for this program and its content.

Disclosure Information

The California Psychological Association and the American Psychological Association require that continuing education providers inform participants as to the source, amount, nature, and disposition of any funding used to support the continuing education activity, whether in the form of educational grants, cash contributions, or in-kind contributions. Individuals in a position to influence course content must also disclose whether they have one or more relevant financial relationships with individuals and companies who have a financial interest in activity content. These individuals include the CE Advisory Committee of the San Francisco Bay Area Center for Cognitive Therapy (SFBACCT) and the Leadership Committee of the Northern California Cognitive Behavior Therapy Network (NCCBT).

Institutional Conflict of Interest Disclosure

The San Francisco Bay Area Center for Cognitive Therapy does not receive commercial support for any of the continuing education activities it provides.

Individual Conflict of Interest Disclosure

- Kathrine Gapinski, PhD, NCCBT Network Leadership Committee, has no relevant financial relationships or conflicts.
- Nancy Liu, PhD, NCCBT Network Leadership Committee, has no relevant financial relationships or conflicts.
- Simone Madan, PhD, SFBACCT CE Advisory Committee, has no relevant financial relationships or conflicts.
- John R. Montopoli, LMFT, LPCC, NCCBT Network Leadership Committee, has no relevant financial relationships or conflicts.
- Daniela J. Owen, PhD, SFBACCT CE Advisory Committee and NCCBT Leadership Committee, has no relevant financial relationships or conflicts.
- Katherine Schulz, LCSW, NCCBT Network Leadership Committee, has no relevant financial relationships or conflicts.
- Aleksandra Soykin, PhD, NCCBT Network Leadership Committee, has no relevant financial relationships or conflicts.
- Melinda White, LMFT, NCCBT Network Leadership Committee, has no relevant financial relationships or conflicts.
- Bridget Whitlow, LMFT, NCCBT Network Leadership Committee, has no relevant financial relationships or conflicts.

Speaker Conflict of Interest Disclosure

- David M. Clark, DPhil, Workshop Leader, licenses an internet version of cognitive therapy for social anxiety to Koa Health Care.

REFERENCES

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