



NEURODIVERSITY MATTERS: PRACTICAL STRATEGIES TO INCREASE THE EFFECTIVENESS AND INCLUSIVITY OF CBT IN CLINICAL PRACTICE (3CES)

Janie Hong, Ph.D.

Hosted by the Northern California CBT Network

DATE

Saturday, October 21, 2023
10:00am—1:00pm (PT)

LOCATION

Zoom

(*Although offered online, this webinar qualifies for "Live" CE credits because there will be interaction with the speaker. Please note, we do not record our webinars for distribution.)

REGISTER

www.nccbt.net

(Participants need not have taken Dr. Hong's first workshop to benefit from this new workshop.)

FEES

Members

Early Bird Rate (on or before 10/07/23)

- Professional Member - \$30
- Pre-Licensed Associate - \$20
- Student - \$10

Regular (after 10/07/23)

- Professional Member- \$45
- Pre-Licensed Associate - \$25
- Student - \$15

Non-Members

- Professional - \$70
- Pre-Licensed Associate - \$30
- Student - \$20

CANCELLATION

If you register but cannot attend, please cancel your registration prior to the workshop. Refunds are considered on a case-by-case basis prior to the event. Refunds will not be issued after the event.

QUESTIONS?

Email support@nccbt.net.

DESCRIPTION

This workshop serves as a follow-up to Dr. Hong's workshop, "Practical CBT interventions from a neurodiversity perspective," which focused on highlighting the clinical implications of shifting from a deficits model to a neurodiversity framework. In this workshop, Dr. Hong will take a deeper dive into interventions for problems frequently seen in clinical practice and expand the discussion to include other difficulties under the neurodiversity umbrella (e.g., ADHD). Using clinical examples, she will walk through the ways neurodiversity-related differences can completely shift formulations of maladaptive or unwanted behaviors and how not including neurodiversity factors in the treatment plan can lead to poor progress and, at times, harmful outcomes.

She then will present concrete steps for developing formulations that include neurodiversity-related differences and interventions based on the formulation. Particular emphasis will be placed on strategies to help the therapist approach problems differently and develop skills to help meet patient treatment goals. Dr. Hong will present common areas of treatment focus, which include poor motivation and demand avoidance, perfectionism in the context of ADHD executive functioning challenges, and high anxiety in novel or uncertain situations.

In the context of all treatment areas discussed, Dr. Hong will provide strategies on how to work with loved ones to expand their understanding of neurodiversity-related differences and how to work with patients on managing the pain of holding an (often invisible) minoritized identity in a neurotypical world. The workshop will be filled with real-world clinical examples, personal stories, and concrete applications to help support the learning.

LEARNING OBJECTIVES

- 1) Attendees will be able to identify at least two ways existing CBT formulations for a clinical problem may be limited for neurodiverse individuals.
- 2) Attendees will be able to adapt a case formulation to include neurodiversity factors and identify at least 2 ways including neurodiversity factors can change the treatment plan.
- 3) Attendees will learn at least 2 ways to explain neurodiversity related differences to loved ones and at least 2 ways to help neurodiverse individuals accept and advocate for their differences.

Continuing Education (CE) Credit

The San Francisco Bay Area Center for Cognitive Therapy is approved to offer 3.0 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, 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

- Janie J. Hong, PhD, Workshop Leader, has no relevant financial relationships or conflicts

REFERENCES

Higashida, N. (2013). *The reason I jump: The inner voice of a thirteen-year-old boy with autism*. Knopf Canada.

Henderson, D., Wayland, S., White, J. (2023). *Is this Autism? A guide for clinicians and everyone else*. Routledge: New York.

Henderson, D., Wayland, S., White, J. (2023). *Is this Autism? A companion guide for diagnosing*. Routledge: New York.

Silberman, S. (2015). *Neurotribes: The legacy of autism and how to think smarter about people who think differently*. Allen & Unwin: London.

SPEAKER

Dr. Janie Hong (she/her) is a Clinical Associate Professor, Associate Training Director of the Adult Clinical Psychology Postdoctoral Fellowship program, and Director of the Anxiety and Depression Adult Psychological Treatment (ADAPT) Clinic at Stanford University School of Medicine. The ADAPT Clinic is the largest psychotherapy-focused clinic within the Department of Psychiatry and Behavioral Sciences at Stanford. The ADAPT clinic houses three large clinical programs, which include evidence-based care for mood and anxiety disorders, OCD and its related disorders, and neurodiverse individuals (ADHD program, ASD program). At Stanford, she leads clinical and trainee programming and oversees care within the ADAPT Clinic, supervises and teaches postdoctoral fellows and psychiatry residents, and provides individual patient care within the neurodiversity program. She is also a founding partner at the Redwood Center for Cognitive Behavior Therapy and Research, where she maintains a small private practice.

Dr. Hong's research and clinical work has focused on expanding our templates of mental health to include diverse populations. At the start of her career, she focused on the ways a person's ethnic and/or cultural background shapes beliefs and behaviors. Over time in her practice, she has found her work with culturally diverse individuals also applies to neurodiverse individuals and those with other diverse identities. She is deeply committed to helping diverse individuals articulate how they may differ from prevailing behavioral and emotional norms, teaching them skills to work within these norms and showing them ways to advocate for their differences.