

Cognitive Behavior Therapy Certificate Series 2017-2018

Cognitive Behavior Therapy I

INTRODUCTION TO COGNITIVE THERAPY

September 23, October 21, and November 18, 2017

The goal of this introductory course is to focus on the theoretical, historical, philosophical, and technical bases of Cognitive Behavior Therapy. An integral part of the course will be to develop and understand current therapeutic models covering basic techniques, strategies and conceptualizations.

Topics to be covered include:

- Developing client-therapist rapport
- Structuring the therapy session
- Setting the agenda
- Cognitive and behavioral strategies
- Depression
- Phobias and Anxiety Disorders
- Issues of compliance, resistance, and termination

Successful completion of this course will be demonstrated through required readings and a written examination.

Participants who already have expertise with the theories of Cognitive Therapy may request a waiver for this course. A written examination will be required to determine mastery of material. All other courses must be taken in sequence. Please contact our office for more details.

Target Audience: Doctoral Level Psychologists and Other Mental Health Practitioners

Level of Instruction: Intermediate

Number of CE Credits Offered: 18 Cost: \$450.00

Cognitive Behavior Therapy II

CLINICAL APPLICATIONS OF COGNITIVE THERAPY

December 16, January 20, and February 24, 2018

The goal of this course is to build on the theories and techniques of the introductory course. Specific treatment of various populations and psychological disorders will be covered.

Topics to be covered include:

- Families

- Children and adolescents
- Couples
- Personality disorders
- Eating disorders

Successful completion of this course will require the submission of a paper addressing a clinical application of Cognitive Therapy.

Target Audience: Doctoral Level Psychologists and Other Mental Health Practitioners
 Level of Instruction: Intermediate
 Number of CE Credits Offered: 18 Cost: \$450.00

Cognitive Behavior Therapy III

CLINICAL SUPERVISION AND PRACTICE

March 24, April 21, May 19, 2018

The goal of this course is the development of clinical skills through the presentation and discussion of actual cases. Participants will have the opportunity to observe and discuss various strategies as well as present a prepared case demonstrating their own clinical skills.

Presentation of cases will include:

- Video and audio tapes
- Role-playing
- Observation
- Small group interactions

Successful completion of this course requires a presentation of a prepared case and an audio or video tape of a clinical session work sample that will be reviewed and evaluated.

Target Audience: Doctoral Level Psychologists and Other Mental Health Practitioners
 Level of Instruction: Intermediate
 Number of CE Credits Offered: 18 Cost: \$450.00

Cognitive Behavior Therapy IV

SPECIAL TOPICS IN COGNITIVE THERAPY AND INTEGRATING CASE SEMINAR

June 23 and June 24, 2018 (The June 24th class is reserved for students enrolled in the CAGS Program at PCOM)

The goal of this final course in the Cognitive Behavior Therapy Certificate Series will be to address topics that have been collaboratively chosen by the participants and instructor

Special topics may include:

- Case conference and conceptualization

- Research in Cognitive Therapy
- Cognitive Therapy with children and families
- Cognitive Therapy in medical settings and schools

Target Audience: Doctoral Level Psychologists and Other Mental Health Practitioners
 Level of Instruction: Intermediate
 Number of CE Credits Offered: 6 Cost: \$125.00

Successful completion of CBT IV requires successful completion of a written examination.

Certificate Series Fees*

CBT I: Introduction to Cognitive Therapy	\$450.00
CBT II: Clinical Applications of Cognitive Therapy	\$450.00
CBT III: Clinical Supervision and Practice	\$450.00
CBT IV: Special Topics in Cognitive Therapy	\$125.00
 Total:	 \$1,475.00

*Note: If registering for the entire series with full payment in advance, the net tuition will be: \$1,350.00. This does not refer to CAGS students.
 Tuition is due prior to the beginning of each course.

Certificate Series

The PCOM Certificate Series in Cognitive Behavior Therapy is the first program of its kind in the Delaware Valley. It is a 10-month program, conducted once a month on Saturdays, for mental health professionals and students at the graduate and post-graduate level who are interested in learning the concepts of practices of Cognitive Behavior Therapy. Psychologists, counselors, social workers, psychiatrists, nurses, pastoral counselors, school psychologists, substance-abuse counselors and family therapists will find this program to be beneficial. If you have any questions, please call the Department of Psychology at 215-871-6442.

The series level is intermediate.

Rovinsky Family Lectureship (Formerly Friday Night Speaker Series)

The Department of Psychology invites you to our Rovinsky Family Lectureship to consider some current, critical issues in clinical practice. Our speakers are experts within the fields of psychology and mental health and provide training for psychologists, social workers, counselors, psychiatrists and health care providers.

Continuing Education Credit

Psychologists:

Philadelphia College of Osteopathic Medicine, Department of Psychology is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Department of Psychology maintains responsibility for this program and its content. Eighteen CE hours/credits each for CBT I, II, III, and six CE hours/credits for CBT IV or 60 CE hours/credits for the entire series are awarded for psychologists who complete the entire Cognitive Behavior Therapy Series. To receive credits, attendees must attend all sessions for the entirety of each session, sign in and sign out at the end of the day, and successfully complete all assignments and evaluation forms.

Social Workers:

The Philadelphia College of Osteopathic Medicine (PCOM) Department of Psychology is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Department of Psychology maintains responsibility for this program and its content. Eighteen CE hours/credits each for CBT I, II, III, and six CE sponsor hours/credits for CBT IV or 60 CE hours/credits for the entire series are awarded to social workers who complete the entire Cognitive Behavior Therapy Series. The Pennsylvania Board of Social Work Examiners recognizes and accepts Psychology continuing education hours/credits for social workers. Social workers will receive the Certificate of Attendance. Students must attend all day to receive CE credits, sign in and sign out at the end of the day, and successfully complete all assignment and evaluation forms.

Certified Counselors:

Philadelphia College of Osteopathic Medicine, Department of Psychology, is an NBCC-Approved Continuing Education Provider (ACEP) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program (PROVIDER #5672). Eighteen CE hours/credits each for CBT I, II, III, and six CE hours/credits for CBT IV or 60 CE hours/credits for the entire series are awarded for NBCC counselors who complete the entire Cognitive Behavior Therapy Series. To receive credits, attendees must attend all sessions for the entirety of each session, sign in and sign out at the end of the day, and successfully complete all assignments and evaluation forms.

NOTE: All Certificates of Attendance for the series are provided at the completion of the final class in June. All students must begin with the September class. Attendees who need graduate credits for this class must apply and be accepted into the CAGS Program before starting the series. Grades for all CAGS students (matriculated) in the CBT program are received at the end of the course in late June after all class requirements have been completed and passed.

Location and Time

All classes will meet from 9:00 am to noon and 1:00 to 4:00 pm on PCOM's main campus at 4190 City Avenue. Convenient off-street parking is available.

Graduate Programs in Psychology

Students at PCOM are taught by an expert, internationally-renowned faculty. The graduate programs' theoretical orientation is cognitive behavioral, which emphasizes empirically based, focused, and collaborative treatments. Classes are held weekday evenings and some weekends.

Learn about PCOM's graduate programs by visiting the College's Web site as www.pcom.edu or by contacting the Department of Psychology.

Robert A. DiTomasso, Ph.D., ABPP is Professor and Chairman of the Department of Psychology. He is a Diplomate in Clinical Psychology of the American Board of Professional Psychology, a Fellow of the Academy of Clinical Psychology, and a Founding Fellow of the Academy of Cognitive Therapy. He earned his doctoral degree in Professional-Scientific Psychology at the University of Pennsylvania where he received the William E. Arnold Award in recognition of outstanding leadership and scholarship. He completed a clinical psychology internship under the direction of the late Joseph Wolpe, M.D. at the Behavior Therapy Unit of Eastern Pennsylvania Psychiatric Institute, Temple University School of Medicine, Department of Psychiatry. Dr. DiTomasso has extensive teaching experience, having served as adjunct associate professor at the University of Pennsylvania for many years. For 19 years, he served as Associate Director of Behavioral Medicine at the West Jersey Health System Family Medicine Residency. His specialty is the cognitive behavioral treatment of anxiety and anxiety-related medical disorders and primary care psychology. Dr. DiTomasso teaches in the APA-Accredited Psy.D Program in Clinical Psychology. He has published 3 books and 50 chapters, articles and reviews. Dr. DiTomasso edited a book entitled *Comparative Treatments of Anxiety Disorder* with Elizabeth Gosch, Ph.D. for Springer Publishers. With e also Barbara Golden, Psy.D., ABPP and Harry Morris, D.O., MPH, he published a comprehensive volume entitled *The Handbook of Cognitive Behavioral Approach in Primary Care* (Springer ,2010). His most recent book is *Specialty Competences in Clinical Psychology* (Oxford University Press, 2013) with Stacey Cahn, Ph.D, Susan Panichelli-Mindel, Ph.D. and Roger McFillin, Ph.D, ABPP.

As appropriate, guest lecturers who are experienced clinicians on relevant Cognitive Behavior Therapy topics will be featured throughout this series. These individuals are licensed psychologists with extensive clinical experience and expertise in training professionals in Cognitive Behavior Therapy. Biographical information about guest speakers will be provided to students in a separate venue and is also available on line at www.pcom.edu (go to Academic Departments, Psychology Department, Psychology Faculty). Previous guests have included: Bruce Zahn, Ed.D., ABPP, Barbara Golden, PsyD, ABPP, Stephanie Felgoise, Ph.D., ABPP, Brad Rosenfield, PsyD, and Elizabeth Gosch, Ph.D., ABPP.