

+ ABOUT THE FACULTY



Robert A. DiTomasso, PhD, ABPP is professor and Dean of the School of Professional and Applied 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, MD 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 an 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 PsyD program in Clinical Psychology. He has published three books and 60 chapters, article and reviews. Dr. DiTomasso edited a book entitled Comparative Treatments of Anxiety Disorders with Elizabeth Gosch, PhD for Springer Publishers. With Barbara Golden, PsyD, ABPP and Harry Morris, DO, MPH, he published a comprehensive volume entitled The Handbook of Cognitive Behavioral Approaches in Primary Care (Springer, 2010). His most recent co-authored book is Specialty Competences in Clinical Psychology (Oxford University Press, 2013).

As appropriate, guest lectures who are experienced clinicians on relevant Cognitive Behavioral 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 online at www.pcom.edu (go to Academics, select Colleges & Schools, select School of Professional & Applied Psychology, select Faculty & Staff). Guest lectures include: Patrick Boyle, PsyD, Scott Glassman, PsyD, Elizabeth Gosch, PhD, ABPP, Stephanie Felgoise, PhD, ABPP, Michelle Lent, PhD and Bradley Rosenfield, PsyD, MS.



+ CERTIFICATE SERIES FEES*

CBT I: Introduction to Cognitive Therapy	\$450
CBT II: Clinical Applications of Cognitive Therapy	\$450
CBT III: Clinical Applications, Supervision and Practice	\$450
CBT IV: Advanced Clinical Applications	\$125

TOTAL \$1,475

* Note: If registering for the entire series with full payment in advance, the net tuition will be: \$1,350. This does not refer to CAGS students. Tuition is due prior to the beginning of each course.

+ LOCATION AND TIME

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

+ REGISTRATION

Please submit your registration online by visiting <http://conted.pcom.edu> and click "View Catalog".

Learn about PCOM's graduate programs by visiting the College's Web site at <http://www.pcom.edu/academics/academic-departments/psychology/> or by contacting the Department of Psychology.

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ELECTRONIC SERVICE REQUESTED

CBT

COGNITIVE BEHAVIOR
THERAPY CALENDAR
2019-2020



+ COGNITIVE BEHAVIOR THERAPY I Introduction to Cognitive Therapy

Target Audience: Doctoral Level Psychologists and Other Mental Health Practitioners
Level of Instruction: Intermediate
Number of CE hours/credits Offered: 18 **Cost:** \$450

September 14, October 12, and November 2, 2019

Robert A. DiTomasso, PhD, ABPP, Elizabeth A. Gosch, PhD, ABPP, Bradley M. Rosenfield, PsyD, MS & Scott Glassman, PsyD

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.

EDUCATIONAL OBJECTIVES:

At the conclusion of this module, students will be able to:

- Discuss the historical & theoretical antecedents of CBT
- Explain basic cognitive techniques
- Explain the purpose of agenda setting and structuring the therapy session
- Describe the CBT view of anxiety spectrum disorders
- Describe the basic model of assessing and challenging automatic thoughts
- Develop a CBT treatment conceptualization
- Explain the basic cognitive techniques
- List treatment impediments and issues related to: Adherence, Resistance and Termination
- Describe the CBT view of depression spectrum disorders
- Describe the model and application of Motivational Interviewing to work with substance abusing individuals with health behavior change
- Describe the model and application of CBT to Motivational Interviewing
- Demonstrate mastery of basic Motivational Interviewing techniques

Successful completion of this course will be demonstrated through a written take-home exam.

+ COGNITIVE BEHAVIOR THERAPY II Clinical Applications of Cognitive Therapy

Target Audience: Doctoral Level Psychologists and Other Mental Health Practitioners
Level of Instruction: Intermediate
Number of CE hours/credits Offered: 18 **Cost:** \$450

December 14, 2019; January 11, and February 8, 2020

Stephanie H. Felgoise, PhD, ABPP & Bradley M. Rosenfield, PsyD, MS

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.

EDUCATIONAL OBJECTIVES:

At the conclusion of this module, students will be able to:

- Describe the model and application of CBT in working with couples
- Describe the model and application of CBT in working with medical patients
- Describe the model and application of CBT in working with bereaved individuals and families
- Describe the model and application of CBT in working with adults with ADHD
- Describe the model and application of CBT to working with individuals with personality disorders

Successful completion of this course will require the submission of a paper which presents a case conceptualization and treatment plan.

+ COGNITIVE BEHAVIOR THERAPY III Clinical Applications, Supervision and Practice

Target Audience: Doctoral Level Psychologists and Other Mental Health Practitioners
Level of Instruction: Intermediate
Number of CE hours/credits Offered: 18 **Cost:** \$450

March 14, April 18, May 16, 2020

Elizabeth A. Gosch, PhD, ABPP, Michelle Lent, PhD & Patrick D. Boyle, PsyD

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.

EDUCATIONAL OBJECTIVES:

At the conclusion of this module, students will be able to:

- Describe the model and application of CBT in working with children with anxiety problems
- Describe specific techniques for implementing a manualized treatment plan
- Demonstrate mastery of basic CBT techniques in role-play therapy situations regarding children
- Describe the model of CBT in working with individuals with eating disorders
- Apply the CBT model in working with individuals with eating disorders
- Discuss medical issues, challenges and comorbidities related to obesity and eating disorders
- Describe the model of CBT in working with psychotic clients
- Apply the CBT model to working with psychotic clients
- Discuss challenging issues in working with the psychotic population

Successful completion of this course requires a presentation of a prepared case and video recording of a clinical session work-sample that will be reviewed and evaluated.

+ COGNITIVE BEHAVIOR THERAPY IV Advanced Clinical Applications

Target Audience: Doctoral Level Psychologists and Other Mental Health Practitioners
Level of Instruction: Intermediate
Number of CE hours/credits Offered: 6 **Cost:** \$125

June 13 and June 14, 2020*

*The June 14th class is reserved for MS students and those enrolled in the CAGS program at PCOM.

Robert A. DiTomasso, PhD, ABPP

The goal of this final module in the Cognitive Behavior Therapy Certificate Series will be critiquing and analyzing advanced CBT strategies with clinically challenging cases and situations.

EDUCATIONAL OBJECTIVES:

At the conclusion of this module, students will be able to:

- Critique cognitive-behavioral techniques used in live demonstrations
- Analyze the application of advanced cognitive-behavioral strategies in clinically challenging situations
- Apply advanced cognitive-behavioral techniques in role-play situations
- Employ advanced cognitive-behavioral strategies in working with challenging problems of relevance to their clinical practice

+ CERTIFICATE SERIES

Philadelphia College of Osteopathic Medicine School of Professional and Applied Psychology's Certificate Series in Cognitive Behavior Therapy is the first program of its kind in the Delaware Valley. It is a ten-month program, conducted once a month 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 Katie Garson, Coordinator of School Psychology Programs & Continuing Education, School of Professional & Applied Psychology at 215-871-6463.

+ CONTINUING EDUCATION STUDENTS

PLEASE NOTE: CE credits cannot be earned for missed classes, even if the recording is viewed. You must be physically in attendance and complete all requirements to receive continuing education hours/credit.



PSYCHOLOGISTS: PCOM School of Professional and Applied Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology maintains responsibility for this program and its content. A total of 60 hours/credits for the complete series is awarded for psychologists who complete the entire Cognitive Behavior Therapy Series. There are four modules. Those who complete CBT I, which consists of 3 (6-hour) sessions earn a total of 18 credits. Those who complete CBT II, which consists of 3 (6-hour) sessions earn a total of 18 credits. Those who complete CBT III, which consists of 3 (6-hour) sessions earn a total of 18 credits. Those who complete CBT IV, which consists of 1 (6-hour) session earn a total of 6 credits. No individual session can be taken for credit; participants must attend all sessions within a module (CBT I-IV) to earn CE hours/credits for that module. To receive credit, 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.



CERTIFIED COUNSELORS: PCOM School of Professional and Applied Psychology, has been approved by NBCC as an Approved Continuing Education Provider, ACEPP No. 5672. Programs that do not qualify for NBCC credit are clearly identified. Philadelphia College of Osteopathic Medicine is solely responsible for all aspects of the programs. A total of 60 hours/credits for the complete series is awarded for psychologists who complete the entire Cognitive Behavior Therapy Series. There are four modules. Those who complete CBT I, which consists of 3 (6-hour) sessions earn a total of 18 credits. Those who complete CBT II, which consists of 3 (6-hour) sessions earn a total of 18 credits. Those who complete CBT III, which consists of 3 (6-hour) sessions earn a total of 18 credits. Those who complete CBT IV, which consists of 1 (6-hour) session earn a total of 6 credits. No individual session can be taken for credit; participants must attend all sessions within a module (CBT I-IV) to earn CE hours/credits for that module. To receive credit, 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: PCOM School of Professional and Applied Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology maintains responsibility for this program and its content. The Pennsylvania Board of Social Work Examiners recognizes and accepts Psychology continuing education hours/credits for social workers. However, social workers are responsible for checking with their Board. A total of 60 hours/credits for the complete series is awarded for psychologists who complete the entire Cognitive Behavior Therapy Series. There are four modules. Those who complete CBT I, which consists of 3 (6-hour) sessions earn a total of 18 credits. Those who complete CBT II, which consists of 3 (6-hour) sessions earn a total of 18 credits. Those who complete CBT III, which consists of 3 (6-hour) sessions earn a total of 18 credits. Those who complete CBT IV, which consists of 1 (6-hour) session earn a total of 6 credits. No individual session can be taken for credit; participants must attend all sessions within a module (CBT I-IV) to earn CE hours/credits for that module. To receive credit, 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.