

CORE TASKS OF PSYCHOTHERAPY: WHAT "EXPERT" THERAPISTS DO

Presenter: Donald Meichenbaum, Ph.D.

Website: <http://cps.nova.edu/CE>

Wednesday, October 1, 2008 ♦ 1:30 p.m. – 4:00 p.m.
The Commons Residence Hall, Room 123A/B
Fort Lauderdale, Florida

The field of psychotherapy is undergoing a critical debate regarding the relative importance on non-specific therapist relationship factors versus the role of specific evidence-based interventions. With this as background, Dr. Meichenbaum will consider the role of evidence-based principles, or "core tasks," that contribute to psychotherapeutic change. He will use video case presentations to demonstrate how these tasks can be implemented and evaluated. A Case Conceptualization Model that informs assessment and treatment decision-making will be offered.

PROGRAM OBJECTIVES

Participants will be able to:

- Identify and implement the "core tasks" of psychotherapy
- Demonstrate the utilization of a Case Conceptualization Model
- Discuss issues of client victimization
- Summarize the critical issues of treatment generalization and treatment nonadherence

PROGRAM AGENDA

1:00 p.m. – 1:30 p.m.	Registration and refreshments
1:30 p.m. – 2:00 p.m.	The nature of "expertise" and its implications for psychotherapists
2:00 p.m. – 3:00 p.m.	The "core tasks" of psychotherapy Value of a Case Conceptualization model
3:00 p.m. – 4:00 p.m.	Critical psychotherapeutic issues of treatment generalization and treatment adherence

ABOUT THE PRESENTER

Donald Meichenbaum, Ph.D., currently serves as Distinguished Professor Emeritus, University of Waterloo, Waterloo, Ontario, Canada. He is also a Distinguished Visiting Professor at the University of Miami, School of Education and serves as the Research Director of the Melissa Institute for Violence Prevention in Miami, Florida. In a survey of North American clinicians, Dr. Meichenbaum was voted "one of the ten most influential psychotherapists of the century", as reported in the American Psychologist. The American Psychological Association recently awarded Dr. Meichenbaum a Lifetime Achievement Award. During his academic career, a citations analysis indicated that Dr. Meichenbaum was identified as the most cited psychology researcher at Canadian universities. He has presented workshops and lectured worldwide including all of the U.S. states (except Alaska), Canada, Mexico, Europe, Israel, Japan, the Caribbean, and Russia. He has consulted widely for such varied clinical populations as patients in psychiatric hospitals, residential programs, adolescent offenders, individuals with developmental delays and those with traumatic brain injury, military organizations, industrial and educational institutions.

Dr. Meichenbaum is one of the founders of Cognitive behavior therapy and his book *Cognitive Behavior Modification: An Integrative Approach* is considered a classic in the field. He has also authored several other books including *Stress Inoculation Training*, *A Clinical Handbook for Assessing and Treating Adults with Post-traumatic Stress Disorder*, and *Treatment of Individuals with Anger-Control Problems and Aggressive Behaviors: A Clinical Handbook*. He has also co-authored *Pain and Behavioral Medicine; Facilitating Treatment Adherence: A Practitioner's Guidebook*; and *Nurturing Independent Learners*; and co-edited *Stress Reduction and Prevention* and *The Unconscious Reconsidered*. He was one of the founders of the *Journal of Cognitive Therapy and Research* and served as its Associate Editor. He has been on the editorial boards of a dozen other journals. Dr. Meichenbaum was a recipient of the prestigious Izaak Killiam Fellowship Award administered by Canada Council and appointed Honorary President of the Canadian Psychological Association. The Killiam award allowed him to devote his full time energies to research. Dr. Meichenbaum is a fellow of the Royal Society of Canada and a Fellow of both the American and Canadian Psychological Associations.

PROGRAM LOCATION

Nova Southeastern University
The Commons Residence Hall, Room 123 A/B
3301 College Avenue
Fort Lauderdale, Florida 33314-7796

For maps and directions to The Commons Residence Hall on Nova Southeastern University's main campus, please visit our web site at <http://www.nova.edu/cwis/campusmaps/maincampus.html> or <http://www.nova.edu/cwis/campusmaps/forms/campusmap.pdf>. Telephone directions to the main campus are available 24 hours a day by calling (954) 262-1563.

REFUND AND CANCELLATION POLICY

A full refund or a full credit for another program will be issued for cancellations received no later than one week prior to each workshop date. Credit toward another program will be awarded for cancellations after that date. The university reserves the right to cancel the program due to low registration.

CONTINUING EDUCATION INFORMATION

Psychologists: Nova Southeastern University's Center for Psychological Studies is approved by the American Psychological Association to sponsor continuing education credits for psychologists. Nova Southeastern University maintains responsibility for this program and its content.

Clinical social workers, mental health counselors, and marriage and family therapists: Nova Southeastern University's Center for Psychological Studies is approved by the state of Florida's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling to offer continuing education. Provider number: BAP# 330, Exp. 03/31/09.

School psychologists: Nova Southeastern University's Center for Psychological Studies is approved by the state of Florida's Board of Medical Therapies/Psychology, Office of School Psychology, to offer continuing education. Provider number: SCE# 11, Exp. 11/30/09.

Nova Southeastern University's Center for Psychological Studies is approved by the National Association of School Psychologists to offer continuing education credits for school psychologists. Nova Southeastern University maintains responsibility for this program and its content. Provider number: 1024

All mental health professionals will receive two and one-half (2.5) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Nova Southeastern University is committed to making its programs accessible to all prospective attendees. Let us know if you have specific requirements due to a disability.

ABOUT THE SPONSOR

Nova Southeastern University's **Center for Psychological Studies** is dedicated to providing the highest quality education to its students, superior mental health care services to the community, and research contributions to the mental health sciences. The center offers two American Psychological Association-approved doctoral programs (Ph.D. and Psy.D.) in clinical psychology and an APA-approved internship program. The center also offers master's programs in mental health counseling and school guidance and counseling, a specialist program in school psychology, and a master's program in clinical psychopharmacology.

NOTICES OF ACCREDITATION, MEMBERSHIP, AND NONDISCRIMINATION

Nova Southeastern University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (1866 Southern Lane, Decatur, Georgia 30033-4097; Telephone number 404-679-4501) to award bachelor's, master's, educational specialist, and doctoral degrees. The university is chartered by the State of Florida.

The Center for Psychological Studies' doctoral programs are accredited by the American Psychological Association (APA), 750 First Street NE, Washington, DC 20002-4242. Additionally, the Center for Psychological Studies sponsors two predoctoral internship programs. The NSU Psychology Services Center internship program is accredited by the APA and the Consortium Internship program is a member of the Association of Psychology Postdoctoral and Internship Centers (APPIC). The Specialist Degree Program in School Psychology, offered through the Center for Psychological Studies, is approved by the Florida Department of Education.

Nova Southeastern University admits students of any race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, or national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school, and does not discriminate in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.

Registration Form
CORE TASKS OF PSYCHOTHERAPY: WHAT "EXPERT" THERAPISTS DO
Wednesday, October 1, 2008

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ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE (work): _____ TELEPHONE (home): _____

EMAIL ADDRESS: _____

Please email me about future workshops: yes no

CHECK ALL THAT APPLY:

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License # _____ State _____

NSU CENTER FOR PSYCHOLOGICAL STUDIES:

faculty adjunct faculty part-time core faculty full-time staff

doctoral student master's student specialist student CPS alumnus

WORKSHOP FEE: \$ 45.00 check/money order VISA
 American Express MasterCard

Credit card number: _____ Exp: _____

Signature: _____

MAIL REGISTRATION FORM TO:

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