

AMERICAN INSTITUTE FOR COGNITIVE THERAPY

136 East 57th Street, Suite 1101, New York, NY 10022
Phone: 212-308-2440 | www.CognitiveTherapyNYC.com

Weekend Workshops



1. Recognizing and Treating OCD

Workshop Leader: Scott Woodruff, Ph.D.,

American Institute for Cognitive Therapy

Date: Saturday, March 4th, 2017 **Time:** 10AM-4PM

Fee: \$225 for Professionals; \$175 for Students (with a copy of your current Student ID)

Approximately 2% of the population will struggle with OCD during their lifetime. However, few clinicians receive specialized training in the disorder and many cases go unrecognized. Contrary to popular belief, many people with OCD are not concerned about germs, do not have a perfect apartment, and do not exhibit obvious outward rituals, such as repeating an action three times. Many are simply plagued by repetitive, upsetting, and often unusual thoughts. During clinical trials, specialized cognitive behavioral therapies have demonstrated the potential to significantly reduce impairment and improve quality of life. This workshop will cover how to recognize OCD and the specific CBT strategies to employ when treating it.

You will learn:

- 1) Key symptoms of OCD and how they differ from nonclinical intrusions and anxiety.
- 2) How fusion beliefs and thought management strategies contribute to and maintain OCD.
- 3) Essential elements of Exposure and Response Prevention, the gold-standard of treatment.
- 4) Meta-cognitive techniques to challenge maladaptive beliefs about thoughts.
- 5) How mindfulness can enhance exposure exercises.
- 6) Therapeutic strategies to avoid when treating OCD.

Scott Woodruff, Ph.D., MBA is Director of the Obsessive-Compulsive Treatment Program at the American Institute for Cognitive Therapy. Dr. Woodruff practices full-time as a New-York State licensed psychologist and serves as a clinical supervisor for Columbia University's clinical psychology Ph.D. program. He trained and treated clients at the Behavior Therapy Center of Greater Washington, a nationally recognized center specializing in OCD-spectrum disorders.

Dr. Woodruff specializes in traditional cognitive-behavioral treatments, including exposure and response prevention, as well as recently developed metacognitive and mindfulness-based therapies. He has spoken about careers in OCD at the annual conference for the International OCD Foundation and published and presented on anxiety, mindfulness, and positive and negative emotions in several forums. Dr. Woodruff has worked in research programs at Johns Hopkins Medicine, Columbia University Medical Center, and the Catholic University of America and has instructed clinicians on mindfulness at AICT. In addition to treatment settings above, he trained and treated veterans at the Philadelphia VA, Baltimore VA, and Washington D.C. VA Medical Centers. Prior to moving into psychology, he worked for Citigroup's Corporate and Investment Bank and served in multiple positions within finance and media. Dr. Woodruff graduated Phi Beta Kappa from NYU in 2001, holds an MBA from NYU Stern and a doctorate from The Catholic University of America. He has been quoted on psychological issues by multiple news outlets, including Men's Health, Quartz, and Live Science.



2. Improving Compliance and Outcome in Clients with Dysregulated (Impulsive/Addictive) Behavior

Workshop Leader: Peggilee Wupperman, Ph.D.
American Institute for Cognitive Therapy

Date: Saturday, March 18th, 2017 **Time:** 10AM-4PM

Fee: \$225 for Professionals;

\$175 for Students (with a copy of your current Student ID)

Clinicians treating clients with dysregulated (impulsive/addictive) behaviors are at risk for emotional exhaustion, lowered feelings of accomplishment, and doubts about their effectiveness. Such reactions are understandable in that clients with dysregulated behaviors often have difficulties with treatment compliance, high drop-out rates, and less-than-optimal treatment outcomes. Conventional treatments are often stymied because dysregulated behaviors rarely occur alone. Clients with one dysregulated behavior are likely to have another (e.g., binge eating, problem drinking, and difficulty completing home-practice) and/or to segue to a “replacement” behavior once the previous concern has been treated (e.g., a person quits drinking but begins smoking; the person quits smoking but begins overeating).

In this workshop, clinicians of all background will master skills for treating:

- multiple dysregulated behaviors,
- “replacement” dysregulated behaviors, and
- constructs that underlie this spectrum of behaviors.

By including an empirically based integration of Motivational Interviewing, CBT, DBT, and mindfulness techniques, this training will help clinicians gain evidenced-backed methods of addressing

- low motivation,
- non-compliance,
- problematic alliance,
- frequent drop-out, and
- high relapse rates – while decreasing the chance of clinician burnout.

Participants will learn to improve case conceptualization, create individualized treatment plans, address common obstacles to treatment, and improve overall outcome in clients with dysregulated behaviors. This workshop will provide a collegial environment for clinicians of all levels to learn practical techniques that can be incorporated into clinical practice. Templates for modifiable handouts and worksheets will also be provided.

Peggilee Wupperman, Ph.D. (University of North Texas), Clinician, is a licensed psychologist who is currently an associate professor at John Jay College/City University of New York and an assistant clinical professor at Yale School of Medicine. Dr. Wupperman completed her pre-doctoral fellowship at Yale School of Medicine, attended a postdoctoral fellowship at the University of Washington under the direction of Marsha Linehan (founder of Dialectical Behavior Therapy; DBT), and returned to Yale School of Medicine for an advanced postdoctoral fellowship in the Psychotherapy Development Center. Dr. Wupperman is also the author of a blog for Psychology Today entitled, “Beyond Self-Destructive Behavior.” She is the developer of Mindfulness and Modification Therapy (MMT), a psychotherapy that integrates mindfulness, cognitive behavioral techniques, dialectical techniques, and motivation enhancement to target behavior dysregulation. .



3. Fierce Compassion: An Introduction to Compassion Focused Therapy

Workshop Leader: Dennis Tirch, Ph.D

Date: Saturday, April 1st, 2017 **Time:** 10AM-4PM

Fee: \$225 for Professionals;

\$175 for Students (with a copy of your current Student ID)

Based upon an integration of affective neuroscience, evolutionary science, and Buddhist meditation; Compassion Focused Therapy (CFT) is an innovative form of CBT that specifically targets the cultivation of compassion as a mechanism of action in therapy. A growing body of research demonstrates how cultivating our compassionate minds can help us conquer our anxiety, fear and shame. Rather than being a soft option, the deliberate activation of our compassion system can generate the emotional strength and psychological flexibility we need to face life's challenges, and step forward into lives of meaning, purpose and vitality. The workshop will teach participants direct, experiential methods for cultivating the compassionate mind, using meditation, visualization, and other dimensions of training the mind.

Dennis Tirch, Ph.D. is a leading expert on Compassion Focused Therapy in the USA, and is the Director of The Center for Mindfulness and Compassion Focused Therapy in New York. Dr. Tirch also serves as an Assistant Clinical Professor at Weill-Cornell Medical Center.

He is the author of several books, chapters and articles, including *The Compassionate Mind Approach to Overcoming Anxiety*, the first self-help book focused on treating anxiety disorders with a compassion focus. Dr. Tirch is a Fellow, Diplomate and Certified Trainer with the Academy of Cognitive Therapy, and an Associate Editor of the *Journal of Contextual Behavioral Science*.



The American Institute for Cognitive Therapy

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Workshop Application

Name: _____ Degree/Training _____

Address: _____

City/State/Zip _____

Business Phone: _____ E-Mail: _____

How did you hear about the workshops (e.g., AICT Website, Colleague, Ad, Work)? _____

Workshop:

Mark an "X" for the workshop that you wish to take and enclose \$225 for each workshop (\$175 if you are enrolled in a Graduate Program. Provide a Xerox copy of your ID):

1. Recognizing and Treating OCD (03/04/17) _____

2. Improving Compliance and Outcome in Clients with Dysregulated (Impulsive/
Addictive) Behavior (03/18/17) _____

3. Fierce Compassion: An Introduction to Compassion Focused Therapy (04/01/17) _____

Total Due : _____

Payment:

Check: Make Checks out to **AICT**

Credit Card: Name on Visa/Mastercard: _____

Credit Card Number: _____ Expiration Date: _____

Signature: _____

Please Note: Because of limited size of workshops, we can only provide admission to the first 13 people who enroll. Enrollments must be completed 10 days before the workshop. There are no discounts available.

CE Credits: Unfortunately, we do not provide continuing education credits.

Cancellation Policy: In the event that a workshop is canceled due to insufficient enrollment or severe weather conditions, we will notify you via email and/or phone and your payment will be refunded.