

David M. Pratt - 3-Day Intensive Training Cognitive Behavioral Therapy (CBT) for Children & Adolescents

Faculty:

David M. Pratt

Duration:

18 Hours 20 Minutes

Format:

Audio and Video

Copyright:

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Description

In this breakthrough Cognitive Behavioral Therapy (CBT) Course recording, develop core competencies and transform your skills to achieve better therapeutic outcomes, even with your most challenging children or adolescents!

You will be able to utilize concrete strategies that will provide greater healing for your clients who suffer from:

- ODD
- Anxiety
- Depression
- PTSD
- OCD
- Bipolar Disorder
- Substance abuse
- Suicidality
- And many other challenging conditions!

You'll get effective clinical techniques from David M. Pratt, PhD, MSW, a leading expert in the field of Cognitive Behavioral Therapy. He will teach you how to master the art of applying CBT to a variety of clinical conditions with children and adolescents. In this revolutionary experience as he reveals the latest advances in CBT to get the skills you need to succeed!

Through case studies, interactive discussions, role-plays, and reproducible handouts, you will take away practical CBT strategies to use immediately with any client.

Handouts

Manual – Cognitive Behavioral Therapy (CBT) for Children & Adolescents (4 MB)	175 Pages	Available after Purchase
MMP for Youth Anxiety 2017 Handout (1.99 MB)	71 Pages	Available after Purchase
MMP for Youth Depression 2018 Handout (5.25 MB)	163 Pages	Available after Purchase

Outline

Master the Core Skills and Competencies of CBT

- **Theoretical Foundations**
 - 1st Wave and Behavioral Therapy
 - 2nd Wave CBT Interventions
 - Recent 3rd Wave Advances (Mindfulness)
- **Essential Elements of CBT with Youth**
 - CBT Psycho-Education with Youth & Parents
 - Transparency & Collaboration
 - Structure of the CBT Therapy Session
 - Socratic Questioning & Guided Discovery
 - Managing CBT Homework
 - Integrating 3rd Wave Advances
- **Therapeutic Alliance with Youth**
 - Case Conceptualization & Treatment Planning
 - Confidentiality & Parent Involvement
 - Developing “SMART” Goals
 - Motivational Counseling with Youth

CBT for Depression, Anxiety, PTSD, OCD, ODD, ADHD, Bipolar Disorder and Insomnia

- **CBT for Youth Depression**
 - The CBT Model of Depression
 - Developmental Manifestations of Youth Depression
 - Psycho-Education for Depression & CBT
 - Mindfulness Practices for Youth Depression
 - Mood Monitoring
 - Behavioral Activation
 - Cognitive Processing: Identify “Stinking Thinking”
 - Cognitive Restructuring: Be a “Thought Detective”
 - Problem Solving Skills
 - Assertiveness Skills
- **CBT for Anxious Youth**
 - CBT Model of Anxiety

- Anxiety Psycho-Education
- Mindfulness Practices for Youth Anxiety
- Cognitive Restructuring: Catastrophic Thinking & Low Self-Efficacy
- Social Skills Training
- Gradual Exposure Therapy: Imagino & Invivo Exposure
- CBT for Social Phobia
- CBT for Separation Anxiety & Night Fears
- CBT for Panic & Worry
- CBT for Perfectionism
- **CBT for PTSD**
 - Neuro-Science of Trauma
 - UCLA PTSD Reaction Index for DSM-5®
 - CBT Model of PTSD
 - Trauma-Focused CBT
 - PTSD Psycho-Education
 - Mindfulness Practices for PTSD
 - Affective Awareness & Modulation
 - Cognitive Coping
 - Writing a Trauma Narrative
 - In-Vivo Mastery of Trauma Reminders
 - Conjoint Child-Parent Sessions
- **CBT for Obsessive-Compulsive Disorder**
 - CBT Model of OCD
 - Psycho-Education for OCD
 - Declaring war on OCD
 - Parent & Family Involvement
 - OCD Hierarchy
 - OCD Mapping
 - Cognitive Processing & Restructuring
 - Gradual Exposure & Response Prevention
 - Relapse Prevention & Booster Sessions
 - Psycho-Tropic Medication for OCD
- **CBT for Oppositional-Defiant Disorder**
 - Evidenced-Based Treatments for ODD
 - How to Counter Scapegoating
 - 25 Positive Parenting Skills for ODD
 - Conflict De-Escalation Skills
 - Family Behavioral Contracts
 - Enhancing Family Communication
 - Family Problem Solving
 - Home-School Report Cards
- **CBT for ADHD**
 - ADHD Evaluation
 - Parent Management Training

- Home-School Report Cards
- Teaching Executive Functioning Skills
- **Pediatric Bipolar Disorder & Disruptive Mood Dysregulation Disorder**
 - Rapid Cycling & Diagnosis
 - Child Mania Rating Scale & Assessment Tools
 - Medications
 - Cognitive Model of Bipolar Disorder
 - Identifying Mood Symptoms: Keeping a Mood Chart
 - Managing Mania Symptoms
 - Social Rhythm Therapy
 - Parent Counseling & Involvement
 - Crisis Management
 - Disruptive Mood Dysregulation Disorder
- **Adolescent Sleep Disorders & Insomnia Special Applications for CBT**
 - Adolescent Sleep Patterns
 - Two Process Model of Sleep
 - Behavioral Model of Insomnia
 - 5 Factor Cognitive Model of Insomnia
 - Developing & Utilizing a Sleep Diary
 - Sleep Efficiency
 - Stimulus Control Training
 - Improving Sleep Hygiene
 - Cognitive Interventions for Worry
 - Identifying and Altering Sleep Safety Behaviors
- **Suicide Assessment & Prevention**
 - The CBT Model of Suicide
 - Youth Suicide Prevalence
 - Suicide Risk Factors
 - Suicide Protective Factors
 - Assessment: Columbia Suicide Severity Rating Scale
 - Recent Advances in Safety Planning
 - Behavioral Chain Analysis
 - Reasons for Living
 - Hope Box
 - Distress Tolerance Skills
- **CBT for Co-occurring Substance Use Disorders**
 - CBT Model for Substance Use Disorders
 - Neuro-Biology of SUD
 - Developmental Model of SUD
 - Motivational Enhancement Therapy (MET)
 - Developing Treatment Goals
 - Level of Care Determination
 - Functional Family Therapy for SUDs
 - Dual Disorders Treatment

- **Parent Involvement**
 - Confidentiality
 - Evaluation & Treatment Planning
 - Check-In & Check-Out
 - Parent Psycho-Education
 - CBT Homework

Faculty



David M. Pratt, Ph.D., MSW Related seminars and products: 6

Western New York Psychotherapy Services

David M. Pratt, Ph.D., MSW, is in private practice and Director of the Mood Management Program at the Western New York Psychotherapy Services in Amherst, NY. He is presently on faculty with the University at Buffalo, School of Social Work, Office of Continuing Education, and a member of New York State, Office of Mental Health Advisory Board on Evidence-Based Treatments for Youth. He was the Principal Psychologist at the Western New York Children's Psychiatric Center, Clinical Assistant Professor of Psychiatry at the University at Buffalo and Adjunct Professor/Lecturer, University at Buffalo Counseling, School and Educational Psychology department.













Dr. Pratt has conducted numerous trainings/workshops in Cognitive Behavioral Therapy at local, state, national, and international forums. He is well regarded as an engaging trainer who emphasizes practical skill development.

Speaker Disclosures:

Financial: David Pratt is in private practice. He receives a speaking honorarium from PESI, Inc.

Non-financial: David Pratt has no relevant non-financial relationship to disclose.

Proof Content

 Handouts			11.3 MB
 3. Cognitive Behavioral Therapy for Children Adolescents Certificate Course - 3IT-D3.mp4			1.9 GB
 2. Cognitive Behavioral Therapy for Children Adolescents Certificate Course - 3IT-D2.mp4			2 GB
 1. Cognitive Behavioral Therapy for Children Adolescents Certificate Course - 3IT-D1.mp4			2 GB