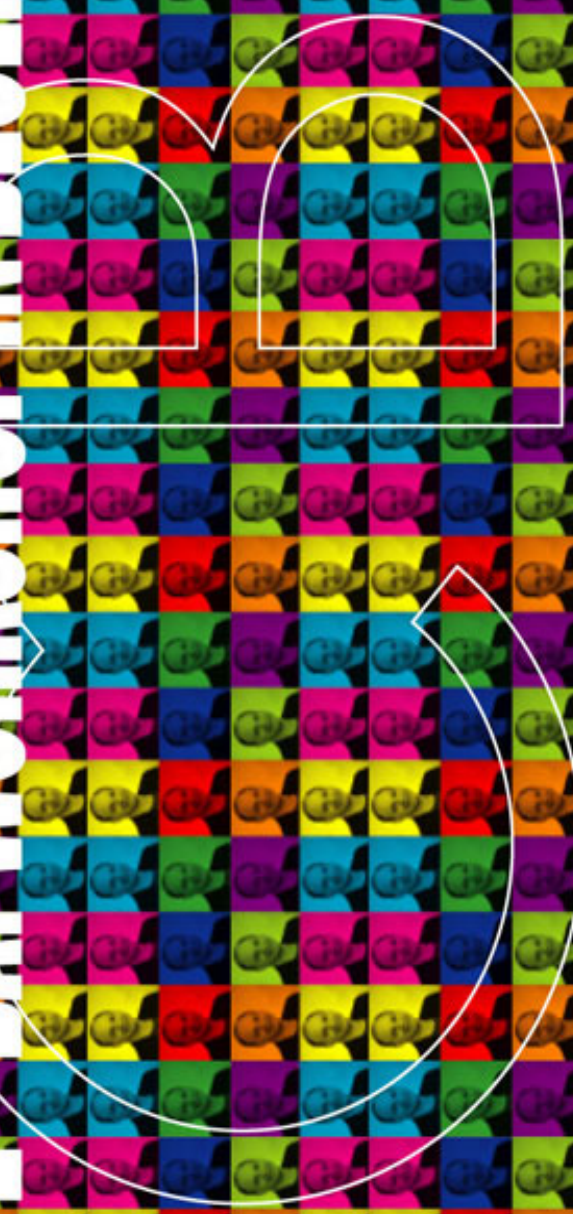


COVF: NEW! P.D. 2: DAYWORKSHOP IN DECEMBER, 2000



BIOGRAPHICAL SKETCH:

CORY F. NEWMAN, Ph.D.



Cory F. Newman, Ph.D., is Director of the Center for Cognitive Therapy, and Associate Professor of Psychology, in Psychiatry at the University of Pennsylvania School of Medicine. Dr. Newman is a Diplomate of the American Board of Professional Psychology, and a Founding Fellow of the Academy of Cognitive Therapy. He graduated *summa cum laude* and Phi Beta Kappa from the University of Pennsylvania in 1981, and went on to complete his doctorate in Clinical Psychology in 1987 at the State University of New York at Stony Brook. Following his internship at the Veterans Administration Medical Center in Palo Alto, California, Dr. Newman began a postdoctoral Fellowship in Cognitive Therapy at the University of Pennsylvania under the Directorship of Aaron T. Beck. In 1990, Dr. Newman became Clinical Director, and in 1994 he assumed the post of Director of the Center for Cognitive Therapy. Dr. Newman is extremely active as a therapist, supervisor, and lecturer, and has served both as protocol therapist and protocol supervisor in a number of large-scale psychotherapy outcome studies. Dr. Newman is an international lecturer, and an author of dozens of articles and chapters on cognitive therapy for a wide range of disorders. Dr. Newman has also co-authored four books on cognitive therapy, including being the lead author on the volume *Bipolar Disorder: A Cognitive Therapy Approach*.

Cognitive Therapy for Personality Disorders

8th December (Fri) 9am-5pm

Helping patients who suffer from personality disorders is often challenging and bewildering. Their problems are typically pervasive, long-standing, and resistant to change. Persons with more serious personality disorders also customarily have significant interpersonal difficulties, as others find their behaviors bothersome and disturbing. Such interpersonal problems may also manifest themselves in the therapeutic relationship, where therapists will have to bring high levels of professionalism and clinical conceptualization skills to the fore in order to minimize conflict and maximize constructive collaboration with their patients. Drawing from the work of cognitive theorists such as Beck, Young, and Freeman, this workshop will emphasize the role of maladaptive schemas – core, fundamental ways that patients view themselves and their world – in generating and maintaining the myriad of emotional and behavioral problems that patients with personality disorder manifest. This workshop will highlight the technical and conceptual skills that cognitive therapists use in the treatment of a wide range of personality disorders, with special emphasis on avoidant personality, obsessive-compulsive personality, narcissistic personality, and borderline personality disorders.

Participants in this workshop will learn the following skills, and more:

1. Using tactful combinations of collaboration and confrontation.
2. Empathizing with the patient's fears about change.
3. Using the case conceptualization to find ways to motivate and inspire personality disordered patients to utilize cognitive therapy appropriately.
4. Effectively using homework, even with patients who resist doing the homework.
5. Setting limits in ways that express respect for both the therapist's boundaries and the patient's feelings.
6. Address crisis situations with good clinical case management strategies, while staying on target with the cognitive model.
7. Staying focused on goals, and maintaining a positive outcome.

CACBT 2006 December Workshop

Speaker: Cory Newman, PhD.

Date: 8th December 2006 (Friday) / 9am - 5pm

Venue: 3/F South Tower, YMCA, 41 Salisbury Road, Tsim Sha Tsui, HK

Cognitive Therapy for Personality Disorders

9:00 a.m.	Registration
9:15 a.m.	Lecture
10:45 a.m.	Coffee Break
11:05 a.m.	Lecture
12:35 p.m.	Lunch Break
1:45 p.m.	Lecture
3:15 p.m.	Coffee Break
3:30 p.m.	Lecture

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Cognitive Therapy with the Suicidal Patient: Safeguards and Interventions

9th December (Sat) 8:30am-4pm

This seminar focuses squarely on one of the most difficult, demanding, and frightening responsibilities that practicing therapists face — how to manage patients who are actively suicidal. Preserving the patient's safety is the top-priority agenda item in a therapy session. At the same time, it is important to stay focused on the patient's general problems and goals, and to use the cognitive model so as to reduce the severity of the crisis, conceptualize the reasons for the patients' intentions to harm themselves, and build the patients' coping skills for the long-term. Special emphasis will be placed on interventions such as:

(1) problem-solving, (2) increasing attachments to people and activities, (3) future imaging, (4) modifying all-or-none beliefs and "suicidogenic thinking," and (5) improving communication skills. Clinical vignettes will be used to demonstrate the above. These procedures will be linked to research on the cognitive characteristics of suicidal patients, including hopelessness, perfectionism, dichotomous thinking, and deficits in problem-solving.

Participants will learn to:

1. understand the maladaptive thinking processes characteristic of suicidal patients.
2. assess the level of risk, both during and between acute crises,
3. conceptualize the suicidal behaviors of patients,
4. devise an array of interventions to reduce the patients' sense of helplessness and hopelessness, and to increase their self-efficacy and capacity for joy,
5. compose anti-suicide contracts that will maximize patients' collaboration in therapy,
6. utilize self-help skills to cope with treating suicidal patients, to maintain optimal perspective and judgment during times of duress, and to deal with a client's death.

CACBT 2006 December Workshop

Speaker: Cory Newman, PhD.

Date: 9th December 2006 (Saturday) / 8:30am - 4pm

Venue: 3/F South Tower, YMCA, 41 Salisbury Road,
Tsim Sha Tsui, HK

Cognitive Therapy with the Suicidal Patient: Safeguards and Interventions

8:30 a.m.	Registration
8:45 a.m.	Lecture
10:15 a.m.	Coffee Break
10:35 a.m.	Lecture
12:00 noon.	Lunch Break
1:00 p.m.	Lecture
2:15 p.m.	Coffee Break
2:30 p.m.	Lecture

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