



Live Webinar

How to Use Core Principles of Cognitive Behavior Therapy for Psychosis (CBTp) in Your Practice

**Friday, December 8, 2023
9:00AM - 10:30AM PDT**

Presented by Emily Owens, Ph.D.

Cognitive Behavior Therapy for Psychosis (CBTp) utilizes a large set of evidence-based practices that are effective for psychotic-spectrum disorders. This webinar will focus specifically on assessment and interventions that are useful for your general, "everyday" psychotherapy practice. Rather than a typical "Introduction to CBTp" course (recommendations for such courses will be provided during the training), this course will focus on CBTp skills that are applicable for individuals presenting with other primary diagnoses but struggle with subthreshold, transient, or prodromal symptoms of psychosis. Topics will include strategies to manage hearing voices, general suspiciousness, and the relationship between trauma and psychosis.



Intermediate level: This course is best for established professionals, early career professionals and students who already have a background in and foundational knowledge of Cognitive Behavior Therapy.

Webinar objectives:

- 1) Recall how to give psychoeducation to clients who report symptoms of psychosis.
- 2) Employ CBTp strategies that target specific needs of clients.
- 3) Adapt general CBT interventions for individuals reporting symptoms of psychosis.

About Presenter:

Dr. Emily Owens is a psychologist at Cognitive Behavior Associates and an Assistant Clinical Professor at the UCLA Department of Psychology. She is a Diplomate of the Academy of Cognitive & Behavioral Therapies and Director of Training for the Cognitive Behavior Therapy Institute. Dr. Owens has completed several intensive training courses in CBTp and feels passionate about training more clinicians to be competent in CBTp to address the unmet needs of this population.

Link to Sign up for Webinar

1.5 CE credits provided

Cognitive Behavior Therapy Institute (CBTI) is approved by the American Psychological Association to sponsor continuing education for psychologists. CBTI maintains responsibility for this program and its content. Joel L. Becker, Ph.D., Founder and Director

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Cognitive Behavior Associates (CBA) is one of the largest clinical practices in the Los Angeles area offering short-term, problem-focused therapy from a cognitive-behavioral perspective.

All of our treatments are based on scientific research, and we continually measure and quantify progress for each client so we know when therapy is working. Each of our clinicians differs in areas of expertise and interest, and these factors are taken into account when matching a client with a clinician.

Joel Becker, Ph.D.
Founder and Clinical Director of CBA &

Greg Stanford, Psy.D.
Associate Clinical Director, CBA

Cognitive Behavior Therapy Institute
Clinical Professor, Dept. of Psychology, UCLA
Diplomate, Fellow, Certified
Trainer/Consultant: Academy of Cognitive &
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