

JEFF RIGGENBACH, PhD

PO Box 506
Jenks, OK74037
(918) 237-0969 (cell)

EDUCATION

The Beck Institute For Cognitive Therapy and Research

Post-Doctoral Training – Extramural Program, 2006

Focus: Development of Borderline Personality Disorder Treatment Program

Louisiana Baptist University, Shreveport LA

Ph.D. Psychology/Christian Counseling, December 2005

Doctoral Dissertation “Cognitive Behavioral Treatment of Personality Disorders”

North American Baptist Seminary, Sioux Falls SD

Master of Arts, Marriage and Family Therapy, 1997

Tabor College, Hillsboro KS

Bachelor of Arts, Psychology, 1995

Bachelor of Arts, Biblical Studies

PUBLICATIONS

Riggenbach, J. (2022). *Disarming High Conflict Personalities: Dealing with the 8 Most Difficult People in Your Life Before You Burnout. Author Academy Elite*

Riggenbach, J. (2021). *The CBT Toolbox: A Workbook for Clients and Clinicians (2nd ed.)*. PESI Publishing. Eau Claire, WI.

Riggenbach, J. (2020). *The CBT Resilience Journal: 21 Steps Towards Developing Immunity to Adversity in a Pandemic World*. Independently Published

Riggenbach, J. (2020). *The CBT Counseling and Coaching Card Deck: 50 Evidence-Based Tools to Promote Change and Personal Growth*. PESI Publishing. Eau Claire, WI.

Riggenbach, J. (2018). *The Personality Disorder Toolbox: The Challenge of the Hidden Agenda*. Independently Published.

Riggenbach, J. (2016). *The BPD Toolbox: A Practical Evidence-Based Guide to Regulating Intense Emotions*. PESI Publishing, Eau Claire, WI.

Riggenbach, J. (2013). *The CBT Toolbox: A Workbook for Clients and Clinicians*. Premiere Publishing. Eau Claire, WI.

PROFESSIONAL SPEAKING AND TRAINING

CBT Institute of Oklahoma

March, 2006 – Present

President

- Conducted workshops, seminars and conferences in all 50 United States, Canada, Mexico, the UK, Malta, South Africa, New Zealand, and Australia
- Three best-selling books on the topics of cognitive-behavioral therapy, borderline personality disorder, and other personality disorders
- Consultation, Coaching, and personal development products and services for therapists, coaches, other practitioners

PESI

January, 2007

Adjunct Faculty

- Live trainings, webinars, and book publications

Jack Hirose and Associates, Vancouver, Canada

January, 2015 to Present

Adjunct Faculty

- Nationwide live trainings, online courses, and webinars

Acacia Therapy and Health Training, Johannesburg, South Africa

December, 2017 to Present

Adjunct Faculty

- Provide Nation-wide live trainings for behavioral health practitioners

TATRA Corporate and Allied Health Services, Melbourne, Australia

June, 2016 to Present

Adjunct Faculty

- Provide Nation-wide live trainings for behavioral health practitioners

SDS Seminars, London, UK

June, 2019 to Present

Adjunct Faculty

- Provide Nation-wide live trainings for behavioral health practitioners

CLINICAL EXPERIENCE

Brookhaven Hospital

January 2011 to January, 2017

Director of Outpatient Services

- Supervise Outpatient physicians, therapists, and case managers
- Developed curriculum and treatment protocol for CBT and BPD Outpatient Programs
- Clinical work treating primarily individuals with Depression, Anxiety Disorders, PTSD, Addictive Behavior Disorders in Individual, Group, and IOP Settings
- Oversee documentation, credentialing and liaison with insurance companies

Laureate Psychiatric Hospital and Clinic, Tulsa OK

June 2002 to January 2011

Intensive Outpatient Program/ Borderline Personality Disorder Treatment Program Coordinator

- Developed program curriculum and treatment protocol
- Supervised Staff and Oversee clinical operations
- Consult with research department to promote outcomes measurement
- Responsible for training staff in CBT/DBT/SFT modality and program specific procedures
- Clinical work treating primarily individuals with Depression, Anxiety Disorders, PTSD, Addictive Behavior Disorders in Individual, Group, and IOP Settings
- Consultant to 24 Physicians on inpatient and outpatient settings

The Bair Foundation, Tulsa OK

December 1998 to June 2002

Director of Intake

- Supervised certification process for families applying to foster with the agency
- Responsibilities included Recruiting via speaking in churches statewide, curriculum development, presenting foster parent training seminars for the community, taught continuing education classes for current foster parents
- Conducted home studies, criminal background checks and oversight/monitoring of all other requirements of the contract with the Department of Human Services

Foster Care Coordinator

- Recruited, trained and certified foster families
- Presented foster parent training seminars, conducted home studies, evaluated appropriateness of applying families and supervised certification process

Therapist

- Provided individual, group therapy to children and adolescents with Attachment Disorder, Conduct Disorder, PTSD and other disorders in therapeutic foster care placement

Parkside Hospital and Behavioral Health Services, Tulsa OK

September 1999 to March 2001

Selected Invited Keynote Addresses, Lectures, and Other Trainings and Workshops
(complete history available upon request)

- July 14, 2023** Virtual Training. Integrated, Evidence Based Treatment of Borderline Personality Disorder
- July 1, 2023** Eastbourne, UK. “Transforming Your Mind” Conference Session
- June 27, 2023** Valetta, Malta. Treating *Complex Cases*
- May 25-26, 2023** Western Canada Mental Health Summit - CBT Skills Training Sessions
- April 14, 2023** Kansas City, MO. (Virtual). *Schema Focused Cognitive Therapy*
- Sept 23, 2022** Calgary, AB. *Schema Focused CBT: Advanced Strategies for Treating Difficult Patients*
- July 13-14, 2022** Edmonton, AB, Canada. *Evidence-Based Treatment of Personality Disorders*
- June 25-26, 2020** London, UK (Virtual) *Dealing with Difficult Clients.*
- June 17, 2020** Calgary, AB (V virtual). *Copin ' with Covid: 19 Strategies for Mental Health Clients to Cope with Coronavirus 19 and Adapt to the New Normal.*
- November 21, 2019** Canadian Mental Health Summit. *Assessment and Treatment of Personality Disorders*
- November 20, 2019** Canadian Mental Health Summit. *Core Competencies in CBT*
- October 20, 2019** Tulsa, OK *Cognitive Behavioral Therapy for Multiple Symptom Sets*
- September 18, 2019** Pierre SD. NAMI State Conference. Keynote Address: *Borderline Personality Disorder: A new Era for Hope and Recovery*
- August 23, 2019** Houston, Tx: *CBT: Empirically Supported Strategies for Crisis Intervention*
- July 9, 2019** Dallas, Tx” *NSSI and BPD: Walking the Razor’s Edge*
- May 28, 2019** Perth, Australia *Dealing with Your Most Difficult Clients*
- May 27, 2019** Perth, Australia *Integrated Approaches to Working with Clients with Borderline Personality Disorder*

- May 24, 2019** Adelaide, Australia *Integrated Approaches to Working with Clients with Borderline Personality Disorder*
- May 22, 2019** Adelaide, Australia *Dealing with Your Most Difficult Clients*
- May 20, 2019** Melbourne, Australia *Integrated Approaches to Working with Clients with Borderline Personality Disorder*
- May 17, 2019** Melbourne, Australia *Dealing with Your Most Difficult Clients*
- May 15, 2019** Brisbane, Australia *Integrated Approaches to Working with Clients with Borderline Personality Disorder*
- May 13, 2019** Brisbane, Australia *Dealing with Your Most Difficult Clients*
- May 10 2019** Sydney, Australia *Integrated Approaches to Working with Clients with Borderline Personality Disorder*
- May 9, 2019** Sydney, Australia *Dealing with Your Most Difficult Clients*
- March 15-16, 2019** Toronto, ON, CA *Assessment and Treatment of Personality Disorders: The Challenge of the Hidden Agenda.*
- February 14-15, 2019** Saskatoon, SA, CA. 2 Day Conference: *CBT for Multiple Symptom Sets.*
- January 22, 2019** Minneapolis, MN. *Cognitive Therapy; It's More than What You Think!*
- January 21, 2019** Minneapolis, MN *Assessment and Treatment of Personality Disorders: The Challenge of the Hidden Agenda.*
- November 28, 2018** Vancouver, BC, CA. The Canadian Health Summit. *Assessment and Treatment of Personality Disorders: The Challenge of the Hidden Agenda.*
- September 10, 2018** Nelspruit, South Africa. *Cognitive Therapy for Multiple Symptom Sets.*
- September 12, 2018** Johannesburg, South Africa. *CBT for Multiple Symptom Sets.*
- September 14, 2018** Durban, South Africa. *Cognitive Therapy for Multiple Symptom Sets.*
- September 16, 2018** Cape Town, South Africa. *Cognitive Therapy for Multiple Symptom Sets*
- June 7, 2018** Washington DC. Association of Family and Conciliatory Courts Annual Conference: *Trauma Informed Jurisprudence: Understanding Borderline Personality Disorder in Legal Settings.*

- April 23, 2018** Utqiavik, AK *Cognitive Therapy: It's More Than What You Think!*
- April 24, 2018** Utqiavik, AK *CBT for Clinicians, Case Managers, and Advocates.*
- October 18-20, 2018** Birmingham, AL. *CBT Boot Camp: 3 Day Intensive Training*
- October 23-25, 2017** Jackson, MS. *CBT Boot Camp: 3 Day Intensive Training*
- October 28-30, 2017** Atlanta, GA. *CBT Boot Camp: 3 Day Intensive Training*
- August 21-23, 2017** Anchorage, AK. *CBT Boot Camp: 3 Day Intensive Training*
- August 16-18, 2017** Anaheim, CA. *CBT Boot Camp: 3 Day Intensive Training*
- July 19-21, 2017** Philadelphia, PA. *CBT Boot Camp: 3 Day Intensive CBT Training*
- July 10-12, 2017** Charlottetown, PEI, Canada. *CBT Boot Camp: 3 Day Intensive Training*