

# Advanced CBT for Depression & Anxiety

Cognitive Behavioral Therapy (CBT) is one of the most effective forms of psychotherapy, a gold standard treatment that can be applied to a wide range of psychological disorders. With hundreds of randomized controlled trials to demonstrate its impact, cognitive behavioral therapy has been shown to be one of the most efficacious and well-validated forms of treatment within the mental health community. However, many clinicians struggle to effectively implement it a powerful way with their clients. Join clinical psychologist, author, and international speaker Jonah Paquette for an exciting hands-on workshop aimed to help bring your knowledge and skills related to CBT to the next level. Complete with over 50 techniques aimed towards changing thoughts and behaviors, this workshop can transform your practice.

This seminar will provide you with a deeper understanding of how CBT can be applied to a wide range of problems, and will help you master the core competencies of CBT treatment. In addition, attendees will be provided with powerful, practical, and easy-to-use tools that you can use in your clinical practice starting right away. Through didactic presentation, hands-on practice, and opportunities for reflection, you'll learn how to expertly apply these approaches into your life and your clinical work. You'll leave equipped to improve your clinical skills and achieve better therapeutic outcomes with even your most challenging clients.

## Target Audience

Psychologists  
Therapists  
Social Workers  
Psychiatrists  
Counselors  
Nurses  
Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

1. Explain how maladaptive cognitions originate and are maintained throughout the lifespan, and describe the core cognitive distortions that manifest across disorders
2. List several methods of setting an effective agenda when working with challenging clients, and explain common errors that can be made pertaining to setting a successful agenda
3. Identify key sources of therapeutic resistance and how to navigate these clinical challenges
4. Utilize over 30 specific techniques to facilitate cognitive restructuring
5. Explain how mindfulness and acceptance-based approaches can complement cognitive-based approaches, and integrate these into practice

## Seminar Schedule

The webinar outline is attached. See the Live Webinar page for the start and end times.

## Outline

Begin at 12 PM ET  
An Overview of CBT

Break 1:30-1:45 PM ET  
Thoughts, Beliefs, Schemas, and Distortions  
CBT in Action: The Key Processes

Lunch Break 4-4:30 PM ET  
How to foster an effective alliance  
Key Techniques

Break 5:30-5:45 PM ET  
Integrating Mindfulness and CBT  
Cognitive Defusion

End 7 PM ET

Our seminars are available in two formats. The first is a live, interactive webinar. You can ask questions of our presenters, either by typing them or speaking into a microphone. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

### Continuing Education Credits

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 6 CE's for attending once they have completed these requirements.

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## The Presenter

Jonah Paquette, PsyD, is a licensed clinical psychologist, speaker, and author. He is the author of *Real Happiness: Proven Paths for Contentment, Peace, and Well-Being* (PESI Publishing, 2015), a research-based self-help book in which he distills the key findings in the fields of happiness, and offers user-friendly tools to achieve lasting well-being. His second book, *The Happiness Toolbox* (PESI Publishing, 2018), a research-based self-help workbook, provides easy-to-use handouts and worksheets designed to increase happiness and life satisfaction.

Dr. Paquette is a psychologist at Kaiser Permanente in the San Francisco Bay Area, where he conducts group and individual psychotherapy, performs crisis evaluations, and serves as the Training Director for an APA-Accredited postdoctoral residency program. In addition to his clinical work and writing, Dr. Paquette offers training and consultation to therapists and organizations on the promotion of happiness and conducts professional workshops around the country. He is also a frequent media contributor, having been featured regularly in print, online, and radio outlets. Dr. Paquette's clinical experiences have spanned a broad range of settings, including Veterans hospitals, community mental health clinics, college counseling centers, and his current work at Kaiser Permanente.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

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