

Workshop Presenters



John Ludgate, PhD is a licensed clinical psychologist, who has worked as a psychotherapist for almost 30 years. He specializes in treating mood, anxiety, and psychosexual disorders. He trained at the Center for Cognitive Therapy under Dr. Aaron Beck, the founder of Cognitive Therapy, obtaining a Post-Doctoral Fellowship in Cognitive Therapy from the University of Pennsylvania in 1986. He subsequently became Assistant Director of Training at Dr. Beck's Center. In the early 1990's Dr. Ludgate was a Research Clinical Psychologist at the University of Oxford in England and served as cognitive therapist in several outcome studies of panic disorder, agoraphobia, social phobia and hypochondriasis.



Trent Codd, Ed.S., is President of the CBT Center of WNC, a licensed professional counselor, licensed clinical addictions specialist, and an experienced psychotherapist, who treats anxiety, mood, personality and substance abuse disorders with CBT. He has received training at the Beck Institute and in Acceptance and Commitment Therapy. He is a Certified Affiliate of the Academy of Cognitive Therapy and has provided training in CBT for many years locally and nationally.

For further information, contact John Ludgate at jludgate@behaviortherapist.com

Cognitive-Behavioral Therapy Center
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On-Site CBT Training For Your Staff

The Cognitive Behavioral
Therapy Center of WNC, PA
now offers CBT training for
mental health agencies and
associated staff.



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Why CBT?

Why CBT?: Cognitive-Behavioral Therapy (CBT) developed from a number of theoretical models in the 70s, is now indisputably the treatment of choice for a number of psychiatric conditions including anxiety disorders, mood disorders, substance abuse and chronic mental illnesses among others. Numerous outcome studies attest to its short-term and longer-term effectiveness. Training in the applications of this approach is now sought after by both individual counselors and by employing agencies due to the following:

- ◆ CBT is evidence-based and of proven effectiveness
- ◆ This therapy fosters skill building in clients
- ◆ CBT is short-term and problem-focused
- ◆ This approach encourages collaboration and empowers clients
- ◆ CBT involves a structured and systematic approach which can be learned and implemented relatively easily from practical well-designed training programs
- ◆ Insurance companies, including Medicaid, are now requiring evidenced-based treatments.

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Why On-Site Training?

Cost: It makes good economic sense to organize a staff-wide training rather than finance individual staff members to attend, often-costly, CBT workshops held off-site. On-site training can save the already tight budget thousands of dollars in training and travel costs.

Time: Trainings can be scheduled weeks or months in advance to accommodate an agency's schedule. In addition, all staff are trained in the same content area on the same day

Consistency: All staff receive exactly the same training from the same presenters. This will help to ensure consistency of skill acquisition and application.

Customized: The CBT Center of WNC, PA will tailor a program to the needs of the individual agency. We'll work with the agency staff to design a training that addresses the needs and specific challenges encountered most often by agency staff. The agency can build-in customized features such as: individual case consultation or follow-up supervision, if required.

Practical: Workshops will include didactic presentation, demonstrations and role plays, case discussion, question and answer sessions and the provision of practical handouts on the topic.

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On-Site Training Content

Workshops would generally be of one day duration or longer. Length can be tailored to individual needs.

Possible topics for workshops which could be offered include:

- ◆ Principles and Applications of CBT
- ◆ CBT for Mood Disorders
- ◆ CBT for Anxiety Disorders
- ◆ CBT for Personality Disorders
- ◆ CBT for Borderline Personality Disorder
- ◆ CBT for Challenging and Complex Cases
- ◆ CBT for Substance Abuse
- ◆ CBT for Children and Adolescents
- ◆ CBT for Couples and Families
- ◆ CBT for Medical Problems, including Chronic Pain
- ◆ Relapse Prevention
- ◆ Applications of CBT with Psychiatric Inpatients
- ◆ CBT Strategies to Reduce Distress and Burnout in Mental Health Professionals.

Topics *can be* combined or adapted as necessary.

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