

Workshop Title:**The Therapeutic Relationship in Cognitive Behavior Therapy: *The Heart and Soul of Effective Practice*****Workshop Summary:**

This workshop teaches advanced relationship skills within a cognitive-behavior therapy (CBT) framework. Many therapists experience significant challenges in engaging and motivating clients in CBT interventions, or find it difficult to foster client ownership of the therapeutic process. Therapists also commonly report difficulties in deciding whether it is more important to emphasize the therapeutic relationship or the use of techniques in CBT.

An advanced cognitive case conceptualization format is introduced as a guide for adapting therapy relationships. This incorporates relational history, attachment style, core beliefs, schema, as well as culturally and societally based beliefs and values, as a means of tailoring in-session interactions for the individual client. This workshop centers on providing therapists with training in the effective use of empiricism and Socratic dialogue. Such knowledge is particularly important in achieving optimal outcomes for clients, especially those with persistent interpersonal difficulties, comorbid diagnostic profiles, and otherwise complex presentations.

Key Workshop Objectives:

This workshop will help therapists to strengthen their CBT practice:

- *Engage and motivate clients with empiricism* – learn practical strategies for encouraging active client participation in techniques, both in the design of techniques, and the in-session processes for their selection and evaluation
- *Harnessing ownership and hope with Socratic Dialogue and guided discovery* – learn practical strategies for the facilitation of a ‘true’ discovery and evaluation of therapist influence/ persuasion

Training Modalities:

Through clinical demonstrations and structured experiential exercises, such as skill-focused role plays and self-reflection, the workshop focuses on advanced use of cognitive case conceptualization, and the therapist behaviors and qualities that promote an effective therapeutic relationship in CBT. Workshop participants will also use competence grids to evaluate video demonstrations of other clinicians’ work. These materials then serve as useful tools for self-reflection, supervision, and training.



About the Workshop Facilitator:

Nikolaos Kazantzis, Ph.D., is Director of the Cognitive Behavior Therapy Research Unit and Associate Professor in Clinical Psychology at the Institute for Cognitive and Clinical Neurosciences at Monash University in Australia. He is also a practicing clinical psychologist and provides individual and group therapy and specialist supervision. Dr. Kazantzis received post-doctoral training in cognitive behavior therapy in the early 2000s at the Beck Institute under the direct teaching of Aaron T. Beck, M.D., and Judith S. Beck, Ph.D. He returned to Philadelphia in 2012 to receive the Beck Scholar Award for “*significant contributions to the field of cognitive therapy*”, when he received further training at the Beck Institute, and direct supervision under Cory Newman, Ph.D. at the University of Pennsylvania. Dr. Kazantzis has over 100 scholarly publications, including three books on the theory, research, and practice of cognitive behavior therapy, which have been translated into several languages. Dr. Kazantzis’ fourth book “*The Therapeutic Relationship in Cognitive Behavior Therapy*” is currently in press with Guilford publishers of New York. He has developed training programs for over 6,000 professionals, and has presented workshops on the practice of cognitive behavior therapy in 20 countries. Dr. Kazantzis serves as Editor-in-Chief for the Australian Psychological Society's flagship professional practice journal “*Australian Psychologist*”, and as Associate Editor for “*British Journal of Clinical Psychology*”, “*Cognitive Therapy and Research*” and “*International Journal of Cognitive Therapy*.” Dr. Kazantzis is Deputy Chair of the scientific committee for the upcoming World Congress of Behavior and Cognitive Therapies (WCBCT 2016), Australian delegate and board member for the International Association for Cognitive Psychotherapy.