**AGPA Connect 2023 Presenter Information**

**Course Code:** C2

**Course Title:** Integrative Group CBT

**Course Times:** 10:00 AM - 12:30 PM & 2:30 – 5:00 PM

**Course Dates:** Thursday, March 9

**Instructors:** Greg Crosby

**Course Description:** The course will explore cutting edge trends to converge CBT with interpersonal neurobiology. The course delineates an effective model of an integrated cognitive- behavioral group therapy for adults with depression and anxiety that can easily be generalized to many other clinical populations. Delineate bio/psycho/social behavioral skills and integrating mindfulness/grounding skills/thinking and learning styles and demonstrating how to make the automatic thought record into a structured gestalt. Maintenance planning/relapse prevention will be addressed.

**Learning Objectives**

The attendee will be able to:‎

1. ‎Describe core integrative cognitive-behavioral methods in group therapy.‎
2. ‎Delineate how to prepare clients for Integrative CBT groups. ‎
3. ‎Identify key behavioral-cognitive skills in CBT.‎
4. ‎Examine sequential pacing of behavioral-cognitive skills in CBT.‎
5. ‎Reflect on steps of maintaining your gains and preventing relapse.‎

**Significant Articles:**

1. Crosby, G., Lippert, T. ( 2017). Transforming adhd: Simple, effective attention & action regulation skills ‎to help you focus & succeed. New Harbinger Press
2. Najavits, L. (2017) Recovery from trauma, addiction, or both. Guilford.‎
3. Wright,J. Brown, G. Thase,M., Basco, M. (2017). Learning cognitive –behavior therapy: an illustrated ‎guide(Second Edition). Arlington,Virginia: American Psychiatric Press.‎
4. Yalom, I. & Leszcz, M.(2020). The theory and practice of group psychotherapy (6th Edition). Basic ‎Books

**Agenda:**

Integrative Cognitive Behavioral Group

**Segment I (75 minutes)**

A. Workshop Introduction and history and evolution of thematic CBT group therapy.( 15 min. Obj 1. powerpoint, lecture, discussion)

B. Focus on preparation and selection of clients for group. Demonstration and Debrief( 20 min, Obj 1/7 powerpoint, lecture, discussion ,demonstration)

C. Four Lessons of Interpersonal Neurobiology for CBT groups( 10 min. Obj. 3,6, powerpoint ,lecture, discussion ,exercise, )

D. Overview of core behavioral-skills,:Belly breathing, nurturing daily planner, physical activity , ( 30 minutes, Ob 4,5,demonstration, powerpoint, lecture, discussion , exercises.)

**Segment II (75 minutes)**

A. Continuation of Behavioral skills : Healthy eating habits, sleep hygiene , social network will be examined through the Padesky model of mood , thoughts , behaviors and the body and how the environment has an impact .Continual

B. Demonstration /Exercises and debrief. (35 min.,Obj 4,5 Power point, lecture, discussion ,exercise, demonstration)

C. Understanding Cognitive skills : Cognitive triad and Demonstration of grounding skills and how to introduce them into a group setting.(40 min.Obj.6,,4 power point, lecture, discussion, demonstration, exercise)

**Segment III (75 minutes)**

A. Focus on how to teach the science of gratitude’s and link to storytelling ( 20 min.obj 6,.Lecture, Power Point Demonstration/Exercise)

B. Focus on how to teach thinking styles or thinking errors in a group setting. ( 15 min, Obj 6, lecture, Powe rpoint ,Demonstration/Exercise)

C. Demonstration of automatic thought record in a group setting. Focus on a four column approach to make it easier for clients in groups instead of typical 7 ,9, 11 column( 40 minutes, Obj 6,Demonstration, discussion)

**Segment IV (75 minutes with participant evaluation)**

A. Continued demonstration on how to adapt the automatic thought record to group therapy ( 40 minute Obj 6. Lecture, Demonstration Discussion)

B. Relapse prevention or maintenance planning. The importance of committing to a simple, realistic and achievable plan.( 30 min , Obj 6, Lecture, Power point, Dscussion.

C. Participant evaluation(5 minutes)

**Assessment Questions:**

Question 1 (include possible answers)

1. Founder of Cognitive Therapy is: A. Aaron Beck B. Victor Yalom C. Carl Jung D. BF Skinner

Correct Answer 1

(A) Aaron Beck

Question 2 (include possible answers)

2. Founder of Interpersonal Biology is: A. Clara Barton B. Dan Siegel C. Steven Colbert D. Virginia Satir

Correct Answer 2

B Dan Siegel

Question 3 (include possible answers)

3. CBT should never be Integrative (TorF)

Correct Answer 3

Answer is False

Question 4 (include possible answers)

4. Pre group screening and Preparation: A. Is a terrible idea B. No evidence supports this C. Should never be done D. Improves attendance and motivation.

Correct Answer 4

D Improves attendance and motivation.

Question 5 (include possible answers)

5 Pleasant activities activation in depression and anxiety are: A. An excuse of weakness B. Never to be used C. No evidenced base support D. Helps increase positive moods.

Correct Answer 5

D Helps increase moods.

Question 6 (include possible answers)

.Daily nurturing planner : A. Never contributes to self-efficacy B. It is always a useless method C. Helps one organize and build self- control of their day. D . Should always be ideal not practical.

Correct Answer 6

C Helps one organize and build self-control of their day

Question 7 (include possible answers)

Integrative CBT groups: A. Utilize group process and support in managing moods and behaviors. B. Should always stick to skills only approach not any form of process. C. CBT groups should always be leader interaction to one member only at a time D. Should be heavily confrontational in style

Correct Answer 7

A Utilize group process and support in managing moods and behaviors

Question 8 (include possible answers)

8. Automatic Thought Record or Managing Mood Worksheet: A. Situation column can record historical memories related to negative mood B. Balanced views can use metaphors,symbols, stories, songs not just realistic thoughts. C. More effective if it is written down or visual than auditory only. D. All of the above.

Correct Answer 8

. D All of the Above

Question 9 (include possible answers)

Gratitudes with a story: A. Decrease self esteem and promote dependency B. Increase cravings C. Decrease cravings and decrease anxiety D. A popular psychology fad that weakens motivation

Correct Answer 9

C Decrease cravings and decrease anxiety

Question 10 (include possible answers)

10. Maintenance planning or Response planning A. Should only be used in Addiction Treatment B . Should only be done with the most stuck client C. Can help identify plans to deal with triggers. D. Can include strengths E. C and E only

Correct Answer 10

E. C and D