American Psychological Association

CEP Continuing Education in Psychology

2016 APA Annual Convention

Denver, Colorado | August 4–7

108 – Anxiety, Depression, and Everything in Between: A Clinician's Roadmap for Transdiagnostic Treatment Planning

CE Credits: 7
Enrollment Limit: 30

Workshop Description

This intermediate workshop presents a cutting-edge model of designing treatment plans that target specific mechanisms underlying psychological problems. A transdiagnostic roadmap is presented that synthesizes the empirical database into a practical tool composed of two overarching categories: mechanisms that contribute to patient vulnerabilities for psychological disorders and those that maintain problems. Experiential exercises, video demonstrations, and role plays guide participants in learning how to identify transdiagnostic mechanisms with clients, develop clear case formulations and practical treatment plans, and choose interventions that target client-specific mechanisms and therapy goals.

Leaders: Rochelle I. Frank, PhD, Independent Practice, Oakland, CA, and University of California, Berkeley; Joan Davidson, PhD, San Francisco Bay Area Center for Cognitive Therapy, Oakland, CA, and University of California, Berkeley

Date: Thursday, August 4, 2016
Time: 8:00 a.m.-3:50 p.m.
Location: Sheraton Denver Downtown Hotel, 1550 Court Place

Fees:	Advance (4/15-6/30)	Regular (7/1-8/2)	On-Site (8/3-8/7)
Member:	$220	$275	$330
Nonmember:	$260	$335	$410

ENROLLMENT IS NOW OPEN! Visit http://www.apa.org/convention/ce or call the CEP Office at 800-374-2721, ext. 5991, option 3.

Continuing Education Statement

This CE workshop is sponsored by the APA Continuing Education Committee (CEC). The CEC has reviewed and approved this workshop to offer CE credits for psychologists. The APA CEC maintains responsibility for the content of the programs.