



10-week Training for Clinicians

Using a Transdiagnostic Roadmap for Case Formulation & Treatment Planning

Instructors:

Joan Davidson, Ph.D. & Rochelle I. Frank, Ph.D.

1.5-2 hours each week

Dates & times to be determined by group interest

Location: San Francisco Bay Area Center for Cognitive Therapy, 5435 College Ave, Oakland, CA (Rockridge)

Cost: \$475 16 CE Units

Weekly classes provide opportunities for more in-depth discussions of topics and cases than can be offered in workshop settings

Topics

- Specific transdiagnostic mechanisms to consider when developing case formulations
- Specific treatment interventions to consider based on the function they serve
- Methods for developing transdiagnostic mechanism hypotheses
- Discussing case formulations with patients and prioritizing treatment goals
- Using creativity when applying interventions
- Progress monitoring and shifting course during treatment
- Problem-solving obstacles using your formulation and understanding of transdiagnostic mechanisms as your guide

Format

- Didactic training
- Review of current literature
- Illustrations using case examples and videos
- Group discussions
- Opportunities to discuss your cases

To learn more or ask questions, please contact:

Joan Davidson at 510-652-4455 ext 2; jd@sfbacct.com or

Rochelle Frank at 510-764-9862; rochelle.frank@gmail.com

About the instructors:

Joan Davidson, Ph.D. is a licensed psychologist, Co-Director and a Founding Partner of the San Francisco Bay Area Center for Cognitive Therapy, and Assistant Professor in the Clinical Sciences Program at the University of California, Berkeley. For over twenty-five years she has worked as a cognitive-behavioral clinician specializing in treating adults with OCD, anxiety disorders (panic, agoraphobia, social anxiety, and generalized anxiety and worry), mood disorders, and problems with body focused repetitive behaviors. She teaches, conducts workshops, and provides clinical consultation and supervision to students and licensed professionals. Dr. Davidson is the author of *Daring to challenge OCD: Overcome your fear of treatment and take control of your life using exposure and response prevention*, (2014, New Harbinger), co-author of *The Transdiagnostic road map to case formulation and treatment planning: Practical guidance for clinical decision making* (Frank & Davidson, 2014, New Harbinger), and co-author of the five-part video series and book, *The Essential Components of Cognitive-Behavior Therapy for Depression* (Persons, Davidson, & Tompkins, 2001, American Psychological Association).

Rochelle I. Frank, PhD, is a clinical psychologist in Oakland, CA and an assistant clinical professor of psychology in the Clinical Science Program at the University of California, Berkeley. She has over twenty-five years of experience in outpatient, inpatient, and residential settings, and specializes in the treatment of complex and co-occurring psychological problems, including bipolar and other mood disorders, trauma and dissociative disorders, and borderline personality. In addition to her psychotherapy practice, Dr. Frank provides professional consultation and training workshops, and supervises in the department of psychiatry at the UCSF School of Medicine and at the Wright Institute Berkeley Cognitive Behavioral Therapy Clinic. She is co-author of *The transdiagnostic road map to case formulation and treatment planning: Practical guidance for clinical decision making* (Frank & Davidson, 2014, New Harbinger).