

## AGENDA

- 0830-0900: Registration
- 0900-1030: Overview of the Cognitive Model and Structure of Cognitive Therapy
- 1030-1045: Refreshment Break
- 1030-1200: Cognitive Model and Treatment of Personality Disorders
- 1200-1300: Hot Buffet Lunch (included)
- 1300-1430: Emphasis on the Avoidant, Narcissistic, and Borderline Personality Disorders
- 1430-1445: Refreshment Break
- 1445-1600: Video Demonstration and Case Discussions

## CONFERENCE LOCATION

### Viscount Gort Hotel

1670 Portage Avenue

(Portage Ave and Route 90)

Winnipeg, MB R3J 0C9

204-775-0451

Room Reservations available:

1-800-665-1122

Parking at Rear

## REGISTRATION INFORMATION

Registration Form included with pamphlet or on website:

[www.gracehospital.ca](http://www.gracehospital.ca)

Phone: (204)837-0333

### General Registration:

\$150 Before September 30, 2010

\$175 After September 30, 2010

### Student Rate:

\$100

Limited seating available for fulltime students only; students must provide proof of status

Certificates of Attendance and Receipts will be provided at the conference



GRACE HOSPITAL  
Mental Health Clinical Day

## COGNITIVE THERAPY FOR PERSONALITY DISORDERS;

## CHALLENGES IN PRACTICE



**DR. LESLIE SOKOL**  
OF THE BECK INSTITUTE FOR COGNITIVE  
THERAPY AND RESEARCH

**TUESDAY, OCTOBER 19,  
2010**

**VISCOUNT GORT  
HOTEL**

Assessment  
Tools  
Treatment

# COGNITIVE THERAPY FOR PERSONALITY DISORDERS

## Abstract:

Over three hundred clinical trials have shown cognitive behavioral therapy to be a highly effective treatment for a wide array of problems including: depression, anxiety, personality disorders, substance abuse, and schizophrenia. Cognitive behavioral therapy is based on the cognitive model: how we think influences how we feel, behave, and physiologically respond to situations. Regardless of the etiology of the problem, cognitive behavioral therapy stipulates that psychological problems involve problems in thinking. The treatment of clients with personality disorders and especially the Borderline personality involves not only an emphasis on evaluating and modifying patients' thinking and behavior in current situations but also an emphasis on dysfunctional beliefs and their historical underpinnings. These individuals require specialized strategies to enable them to make progress in therapy. Participants will learn how to form a solid working alliance with these clients as well learn specific tools in how to help challenging clients make the behavioral, emotional, and cognitive changes needed for improvement. Attendees will have the opportunity to have both didactic and experiential learning.

## Learning Objectives:

- Become familiar with the cognitive model;
- Identify cognitive conceptualizations of clients;
- Understand the Cognitive Model of Personality Disorders;
- Learn the Cognitive Treatment of Personality Disorders; and
- Describe specific treatment tools for specific personality disorders including the Avoidant, Narcissist, and Borderline Personality Disorder.

## About the Presenter:

Dr. Leslie Sokol, Ph.D., is Director of Education and one of the principal instructors with the internationally acclaimed Beck Institute for Cognitive Therapy and Research in Philadelphia. She has taught cognitive therapy to professional and para-professional groups, nationally and internationally, on such topics as: depression, anxiety, personality disorders, stress management, psychosis, substance abuse, and couples' problems. In addition to her roles at the Beck Institute, she maintains a private practice in a primary care setting in the Philadelphia area. In her role as Chairman of Behavioral Science in the Family Practice Department at Mercy Suburban Hospital, she taught psychiatry to family medicine residents for twenty-two years. She continues to serve as the staff psychologist in the cardiac and physical rehabilitation departments.

Dr. Sokol is a distinguished founding fellow of the Academy of Cognitive Therapy and a past president. Currently she serves as Treasurer and Chairman of its Credentials Committee. In these roles, she was intricately involved in the provision and development of training protocols to ensure competency in Cognitive Therapy, and in the testing and utilization of tools to evaluate this competency. To further her mission of spreading accurate knowledge of cognitive therapy worldwide, she was Representative at Large for the IACP (International Association of Cognitive Psychotherapy).

Dr. Sokol coauthored the book *Think Confident, Be Confident: A Four-Step Program to Eliminate Doubt and Achieve Lifelong Self-Esteem*. She has published in peer reviewed journals and has been interviewed for articles in multiple national magazines, television forums, and both national and international radio stations.

## About the Attendees:

### Who Should Attend?

- Staff who work in mental health, personal care homes, and the community
- Corrections and Forensics
- Crisis Response and Emergency Departments
- Managers and Educators
  - Nurses
  - Psychiatrists
- Clinical Psychologists
- Social Workers
- Counsellors
- Occupational Therapists
- Recreation Therapists
  - Allied Health
  - Front Line staff

## About Grace Hospital Mental Health Clinical Day:

Clinical Day is organized annually as part of Grace Hospital's commitment to providing educational opportunities for mental health clinicians and front line staff in hospital and community settings.