Schedule for CBASP Training Week
August 12 – 16, 2013
Trinity United Methodist Church
903 Forest Avenue (Elevator to Room #324)
Richmond, Virginia 23229

WORKSHOP LEADERS: Jim McCullough & Kim Penberthy
Barbara Baker, CBASP Workshop Coordinator

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Welcome Goochland CASA Visitors
Welcome University of Virginia Clinical Psychologist Visitors
Welcome VCU Clinical Trainee Visitors
Welcome Ms. DeJarnette & Ms. Sandy Center
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Monday, August 12

CBASP Intensive Training Workbook: General Issues, pp. 8-25; The Chronically Depressed Patient, pp. 26-34; Disciplined Personal Involvement (DPI), pp. 59-65; CBASP Situational Analysis (SA) Technique pp. 51-58; Interpersonal Discrimination Exercise (IDE), pp. 59-65; Pre-Therapy Patient, pp. 66-74; Introduction to the Kieslerian Interpersonal Model, pp.41-50; Stress, the culprit.

Desired Outcome (DO) for Day One: You complete the day with a general understanding of the CBASP Model & the Early-onset Chronic Patient and the Rationale of CBASP Psychotherapy.

9:00 AM -12:30 PM: Lecture & Discussion

- Group Introductions

- Group Questions for Chronically Depressed Patients/Patient Interpersonal Consequences on You
• General Overview Slide Show (*Handouts:4 articles)


12:30 PM - 2:00 PM: Lunch

2:00 PM - 3:00: Jim’s Conversation with Ms. Mary DeJarnette

3:00 PM - 5:00:

(1) Jim conducting Significant Other Histories with two participants.

(2) Kim working with group on Case Scenario Exercises. Participants will read over the Case Scenario and write out answers for the following questions: (1) What do you think would be the optimal interpersonal role for this patient? (2) What transfer of learning interpersonal expectancies will the patient probably bring to the relationship you have with him/her? (3) How will you handle or manage these transfer of learning interpersonal expectancies (what will you do? What might you say? What might you be on the lookout for?)? (4) How will you help the patient come to know (learn) that you will not treat them the way/relate to them the way he/she has been treated/related to by his/her Significant Others?
(3) Assignment for Tuesday: Complete a Significant Others History (SOH) List on yourself. Who are your Significant Others and what “stamps” have they left on you? How are they likely to have influenced the direction your life has taken?

**Tuesday, August 13: Introduction to DPI, DOH, IDE**

*Goal One of CBASP: Creating Dyadic Safety*

*CBASP Intensive Training Workbook: Disciplined Personal Involvement (DPI), pp. 59-65*

Desired Outcome (DO) for Day Two: You complete the day with a better understanding of Disciplined Personal Involvement (DPI) and how it is used.

9:00 AM - 12:30 PM:
- Questions from Day I
- Introduction to Goal I of CBASP Psychotherapy: Creating dyadic safety
- Disciplined Personal Involvement: Kim administers SOH to Jim: Construction of Transference Hypothesis
- Kim working with group on Case Scenario Exercises. Participants will read over the Case Scenario and then write out answers for the following questions: (1) What do you think would be the optimal interpersonal role for this patient? (2) What transfer of learning interpersonal expectancies will the patient probably bring to the relationship you have with him/her? (3) How will you handle or manage these transfer of learning interpersonal expectancies (what will you do? What might you say? What might you be on the lookout for?)? (4) How will you help the patient come to know (learn) that you will not treat them the way/relate to them the
way he/she has been treated/related to by his/her Significant Others? Group discussion will follow.

- Jim conducting *Significant Other Histories* with three participants.

12:30 PM – 2:00 PM: Lunch

2:00 PM to 5:00 PM: Kim continuing to work on *Case Scenario Exercises* with group writing out their answers (see questions above) to each Scenario (group discussion will follow); the *Significant Other History* (SOH) Procedure; Learning to pinpoint moments where the Interpersonal Discrimination Exercise (IDE) can be administered; dealing with the Pre-therapy Patient using Contingent Personal Responsivity (CPR).

- JPM demonstrates *Contingent Personal Responsivity* (CPR with difficult pre-therapy cases)

- Jim conducting *Significant Other Histories* with three participants.

4:00 PM to 5:00 PM:

- Pre-Therapy Work using CPR: DVD: "Shove-it!"

**Wednesday, August 14: Introduction to SA**

*Goal Two of CBASP: Connecting the Patient Perceptually with His/Her Interpersonal Environment (Perceived Functionality)*

*CBASP Intensive Training Workbook*: Disciplined Personal Involvement (DPI), pp. 59-65; Atypical Therapy Patients, pp. 66-69; Situational Analysis, pp. 51-58.
Desired Outcome (DO) for Day Three: You complete the day with a better understanding of Situational Analysis (SA).

9:00 AM - 12:30 PM:

- Questions from Day Two

- Jim and Kim will work with the group using Case Scenario Scenarios. Participants will read over each Scenario and then write out their answers to four questions for each scenario: (1) What was the interpersonal situational outcome? (2) How would you demonstrate to the patient the role he/she played in producing/contributing to the interpersonal outcome? (3) How would you go about teaching the patient to produce a different interpersonal outcome? (4) How would you keep the patient motivated?

12:30 PM - 2:00 PM: Lunch

2:00 PM - 5:00 PM:

- Introduction to Goal II of CBASP Psychotherapist: Teaching perceived functionality with SA

- SA Practice with Clinical Volunteers

- DVD example of SA Administration (Jim & Marilyn: “The Mouse”)

***Thursday, August 15

Desired Outcome (DO) for Day Four: You gain practice conducting Situational Analyses.

- 9:00 – 10:00 AM: Questions from Day Three

10:00 AM – 11:30 PM: Non-patient role-play with Jim: Ms. Sandy Center (SOH, SA, IDE Exercises)

11:30 – 12:00 Noon: Group Discussion

12:00 PM – 1:30 PM: Lunch

1:30 PM – 4:00 PM: SA Practice with Clinical Volunteers

4:00 - 5:00 PM: Review of SOH, DPI, IDE & SA and Group Discussion; Assignment for Friday: Divide up into “pairs” and complete an Impact Message Inventory on each other)

***Party at Kim and David Penberthy's Home (7:00 PM)

Friday, August 16

Desired Outcome (DO) for Day Five: You feel more comfortable with Disciplined Personal Involvement now and you are able to administer the SOH, IDE and SA and CPR with your pre-therapy patients with greater mastery.

- 9:00 – 10:00 AM: Questions from Day Four

10:00 – 11:30 AM: Discussion of Impact Message Inventory results on each other and the interpersonal (stimulus value) implications

11:30 – 12:30 PM:
• Continued Group Exercises Administering SA

• Administration of Future SA

12:30 PM – 2:00 PM: Lunch

• Evaluation of Workshop

2:00 PM – 3:30 PM
• Empirical bases of CBASP
• Summary of the week and wrap-up