



Kansas Psychological Association Spring Conference

Practice Essentials: Ethics and Cognitive Behavioral Interventions

Presenter: Bruce S. Liese, PhD, ABPP

May 5, 2018

9:30 AM – 4:30 PM

Lawrence Public Library, 707 Vermont St., Lawrence, KS 66044

6.0 Hours Continuing Education Offered for BSRB licensees

Morning Session: 9:30am-12:30pm

*Customizing and Enhancing your Psychotherapy Skills by
Incorporating Cognitive-Behavioral Concepts and Strategies*

Overview – All approaches to psychotherapy are comprised of at least five essential components: (1) structure, (2) collaboration, (3) case conceptualization, (4) psychoeducation, and (4) structured techniques. Despite the importance of all five components, cognitive-behavioral therapies are best known for their structured techniques (e.g., self-monitoring, daily thought records, advantages-disadvantages analyses, scaling, decisional balance, chain analysis, etc.). Inevitably, cognitive-behavioral therapists treating people with complex disorders find that even the best-structured techniques fail to help many individuals struggling with these disorders. The purpose of this workshop is to focus on skills associated with all five components. Various teaching methods are employed in this workshop, including case presentations, reviews of audio and video recordings, role playing, discussions, and more.

Learning Objectives – As a result of completing this program, participants will be able to:

1. List and describe five essential components of cognitive-behavioral therapy
2. Describe approaches for structuring individual cognitive behavioral sessions
3. Describe approaches for structuring group cognitive behavioral sessions
4. Formulate CBT case conceptualizations, including past and present risk factors, cognitive, behavioral, and emotional processes

Afternoon Session: 1:30pm-4:30pm

*Behavioral Ethics Principles and Practices for Psychologists who work in the Real World:
Lessons Learned from Treating People with Addictions*

Overview – Addictions are chronic and complex, and no two people with chronic complex problems are exactly alike. Individuals with addictions and other complex problems are more likely to harm themselves and even others as a result of their life choices. They may be involved in illegal behaviors and suffer from substantial self-stigma and stigmatization by others (including behavioral healthcare providers), and they are likely to have co-existing mental health problems. As a result, providing services to these individuals may lead to increased exposure to ethical issues, dilemmas, and problems. The purpose of this workshop is to teach participants about the ethical implications associated with treating individuals with addictions and other complex problems. We will discuss the *APA Ethical Principles of Psychologists and Code of Conduct*, but greater emphasis will be placed on the *process* of ethical decision-making (i.e., behavioral ethics) and potential blind spots that result from assumptions held by those who work with people with addictions and other complex problems.

Learning Objectives – As a result of completing this program, participants will be able to:

1. List at least one major ethical principle and standard for psychologists
2. Explain at least one basic behavioral ethics construct (e.g., bounded ethicality, *system 1* vs. *system 2* thinking, *want* vs. *should* thinking, etc.)
3. Describe at least one strategy for increasing the likelihood of ethical decision-making

About the Presenter:

Bruce S. Liese, PhD, ABPP is Professor of Family Medicine and Psychiatry at the University of Kansas Medical Center and Courtesy Professor of Clinical Psychology at the University of Kansas. Dr. Liese earned his PhD in Counseling Psychology from The University at Albany (1983), his Masters Degree in Psychology from Columbia University (1979), and his board certification (diplomate) in Family Psychology from the American Board of Professional Psychology (ABPP). He completed post-doctoral training at the Center for Cognitive Therapy at the University of Pennsylvania under the supervision of Dr. Aaron T. Beck. He is a fellow of the American Psychological Association, Divisions 50 (Addictions) and 29 (Psychotherapy). Dr. Liese serves as President-elect of APA Division 50 (Society of Addiction Psychology). He is also past leader of the ABCT Addictive Behaviors Special Interest Group.

Dr. Liese is a researcher, teacher, clinical supervisor, and clinician. His work focuses primarily on the diagnosis and treatment of addictive behaviors. He has been Director of CBT training for a large multi-center NIDA-funded addictions study and, over time, has supervised hundreds of CB therapists. Presently he teaches courses on addictive behaviors, psychotherapy, and evidence-based practice in psychology (EBPP). He has supervised hundreds of psychotherapy trainees. Dr. Liese has more than 50 publications, and he has co-authored two texts on addictive behaviors with Dr. Beck. Dr. Liese was also Editor of *The Addictions Newsletter* (TAN) for ten years, an official publication of APA Division 50. For his work on this newsletter, Dr. Liese received a *President's Citation* from Division 50, and for his work in education he received the *Distinguished Career Contributions to Education and Training* award from APA Division 50 in 2015.

Registration is open to ALL mental health and medical disciplines!

Investment:

	Member	Non-Member	Student Member	Audit/No CE
Early-Bird Registration	\$100	\$125	\$25	\$75
Registration (After April 30)	\$125	\$150	\$35	\$100

How to Register: Register Online or Complete the form below and mail it along with the registration fee to:
KPA Admin Processing, PO Box 1448, Cedar Park, TX 78630 Or register online at: <http://www.kspsych.org/>
(Checks made payable to: Kansas Psychological Association)

YES! I'd like to attend the workshop on May 5, 2018. Please reserve my space.

Name: _____ Degree: _____

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