

WCM Department of Psychiatry

Cognitive Behavioral Therapy Seminar

Psychology CE Announcement

“An Introduction to Process Based Therapy”

Julia Chafkin, PhD

Postdoctoral Fellow

New York-Presbyterian Hospital Westchester Division

Thursday, May 23rd, 2024

12:00pm – 1:00pm

<https://weillcornell.zoom.us/j/95987937902>

Meeting ID: 959 8793 7902

1 CE credit available to WCM Department of Psychiatry full time and voluntary faculty Psychologists and Social Workers who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture. Note the survey must be completed within 30 days of the lecture. Please contact wcmpsychiatryce@med.cornell.edu for additional CE information

SPEAKER: Dr. Chafkin has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

Julia Chafkin, PhD, is a postdoctoral fellow in the adult outpatient department at New York-Presbyterian Hospital Westchester Behavioral Health Center. Dr. Chafkin earned a Ph.D. in Clinical Psychology from the University of Texas at Austin and completed her pre-doctoral clinical internship with Duke University Medical Center in Durham, North Carolina. As a postdoctoral fellow, Dr. Chafkin specializes in Cognitive Behavioral Therapies (CBT), especially third wave CBTs, such as Dialectical Behavior Therapy (DBT), and Acceptance and Commitment Therapy (ACT). Dr. Chafkin provides individual, group, and couples therapy to adults with anxiety, mood, and personality disorders. She is also a member of the Multicultural Behavioral Health Committee, where she contributes to and helps present monthly workshops to support behavioral healthcare practitioners in providing intersectional, identity-supportive, evidence-based care.

Abstract:

This seminar will provide an overview of the basic principles of Process Based Therapy (PBT), a therapeutic approach that moves away from the utilization of disease-specific protocols and emphasizes assessment and identification of interventions at the individual patient level. Through this seminar, attendees will learn about the rationale for PBT as a patient-centered assessment and treatment approach. Attendees will also learn about the basics of assessment using PBT and the core psychological processes assessed and targeted using a PBT framework.

Learning Objectives:

1. Identify the six major psychological dimensions assessed and addressed in Process Based Therapeutic approaches (affective, cognitive, attentional, self, motivational, overt behavioral).
2. Describe the two levels of analysis assessed and incorporated in Process Based assessment (biophysiological, sociocultural).
3. Identify how Process Based Therapy supports the move toward an idiomorphic approach to patient assessment and treatment.

References:

1. Hofmann, S., & Hayes, S. C. (2018). The Future of Intervention Science: Process-Based Therapy. *Clinical Psychological Science*, 7(1), 37–50. <https://doi.org/10.1177/2167702618772296>
2. Hayes, S. C., & Hofmann, S. G. (2017). The third wave of cognitive behavioral therapy and the rise of process-based care. *World Psychiatry/World Psychiatry*, 16(3), 245–246. <https://doi.org/10.1002/wps.20442>
3. Hofmann, S. G., Hayes, S. C., & Lorscheid, D. N. (2021). *The Process-Based Therapy Workbook for Clinicians: Targeting the Core Processes in Psychological Change*.