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Thursday, May 23rd, 2024
12:00pm – 1:00pm
https://weillcornell.zoom.us/j/95987937902
Meeting ID: 959 8793 7902

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 Processed 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 idionomic approach to patient assessment and treatment.

References: