



**AUSTRALIAN ASSOCIATION FOR  
COGNITIVE AND BEHAVIOUR THERAPY**

## *Jacqueline Persons, PhD*

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Clinical Professor in the Department of Psychology at the University of California,  
Berkeley, USA*



***TO PRESENT A ONE-DAY WORKSHOP***

## ***Essential Elements of a Case Formulation Approach to Cognitive-Behavior Therapy***

***Thursday 22<sup>nd</sup> April 2010***

***Brisbane***

***Registration closes 19 April 2010***

***Register before 19 March 2010 for earlybird prices***

***Bardon Conference Centre 8.30am-5.30pm***

The development of empirically-supported treatments (ESTs) has been a boon to the mental health professional. At the same time, the clinician often confronts many challenges in his/her efforts to use the ESTs, including patients who have disorders and problems that are addressed by multiple ESTs; those who refuse, cannot implement, or fail to benefit from the ESTs; and those who have problems for which no ESTs are available. Case formulation-driven CBT addresses these challenges.

In this workshop, Dr. Persons describes the elements of case formulation-driven CBT and shows how it addresses the challenges just described. The elements are: obtaining a diagnosis and developing an

individualized case formulation, treatment planning, obtaining the patient's informed consent to the proposed treatment plan, treatment itself, and progress monitoring. All of these happen in the context of a collaborative therapeutic relationship. Dr. Persons reviews the empirical underpinnings of the case formulation approach to CBT. She provides examples and exercises to help the therapist use each element of the model, focusing in particular on the elements of developing a case formulation, using the formulation in treatment, and progress monitoring.

### ***Biography***

Dr. Persons is a clinician, teacher, researcher, writer, and scientist-practitioner. She maintains an active clinical practice, providing cognitive-behavior therapy for mood and anxiety disorders and related problems. She teaches and provides clinical supervision to students and professionals. She conducts research on the mechanisms underpinning symptoms of depression and anxiety and on the process and outcome of cognitive-behavior therapy, especially as it is implemented in routine clinical practice. She has published nearly 40 papers in refereed journals and about 30 chapters, commentaries, and invited articles. Her first book, *Cognitive Therapy in Practice: A Case Formulation Approach*, was published by W. W. Norton in 1989, and is widely considered a classic. Her most recent book, *The Case Formulation Approach to Cognitive-behavior Therapy*, was published by Guilford in 2008. Dr. Persons is past president of the Association for Advancement of Behavior Therapy (now the Association for Behavioral and Cognitive Therapies) and of the Society for a Science of Clinical Psychology, a section of the Society of Clinical Psychology (Division 12) of the American Psychological Association. She received her Ph.D. in clinical psychology from the University of Pennsylvania in 1979.

Keep an eye on our website for further details <http://www.aacbtqld.org.au/calendar.html>