SAMPLE Schedule for CBASP Training Week
August 13-17, 2012
Trinity United Methodist Church
903 Forest Avenue
Richmond, Virginia 23229

WORKSHOP LEADER: Jim McCullough
Barbara Baker, CBASP Workshop Coordinator

Monday, August 13

CBASP Intensive Training Workbook: General Issues, pp. 8-26; The Chronically Depressed Patient, pp. 27-34; 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.

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

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.

• Group Introductions
• Group Questions for Chronically Depressed Patients/Patient Interpersonal Consequences on You
• General Overview Slide Show (handout)

12:30 PM - 2:00 PM: Lunch

2:00 PM - 5:00 PM: General Lecture & Discussion
• Homework for Tuesday (4 Significant Others)

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Tuesday, August 14

*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: Group Member administers SOH to Jim: Construction of Transference Hypothesis
- Small Group SOH Work and Construction of Transference Hypothesis

12:30 PM - 2:00 PM: Lunch

2:00 PM to 3:00 PM: The Pre-Therapy Patient (Slides on Pre-therapy Patient)
- JPM demonstrates Contingent Personal Responsivity (CPR with your difficult pre-therapy cases

3:00 – 4:00 PM: Katie Schaefer-Berg's Case & DPI

4:00 PM to 5:00 PM:
- Pre-Therapy Work using CPR: DVD: "Shove-it!"


Wednesday, August 15

**Goal Two of CBASP: Teaching 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
- The Pre-Therapy Patient & CPR (JPM's Slide Show: handout)
- JPM role play work with your "most difficult" patients
- Group work with Disciplined Personal Involvement: SOH & IDE

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 Group Practice
- SA practice in small groups.
- DVD example of SA Administration (Jim & Marilyn: "The Mouse")
Thursday, August 16


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

9:00 AM - 12:30 PM:

Questions from Day Three
  • Group Exercises Administering Situational Analysis

12:30 PM - 2:00 PM: Lunch

2:00 PM - 3:30 PM: Non-patient role-play with Jim: Dr. Jan Altman

3:30 – 4:30 PM: Group Exercises Administering SA

4:30 - 5:00 PM

  • DVD example of SA with patient who makes no progress (Jim & Marilyn: “Ms. Goody Two-Shoes”)
Friday, August 17

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 AM – Questions from Day Four

10:00 – 11:30 AM: Non-patient role-play with Jim: Ms. Sandy Center

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