Workshop Overview
Spirituality/religion is highly common in the general population and often plays a central role in people’s lives. Yet the relevance of these domains to clinical practice remains poorly understood. Consequently, many practitioners of empirically supported treatments are reticent to address spirituality in the course of their work. This can serve as a barrier to the dissemination of cognitive behavioral therapy (CBT) as many patients do not access evidence-based psychosocial services out of preference for spiritually-integrated care (e.g., pastoral counseling). In light of this consideration, as well as growing evidence suggesting that spirituality can be an important resource in times of distress, there have been several attempts to integrate spirituality into CBT. Spiritually integrated CBT (SI-CBT) is similar to standard treatment except that (1) the rationale for CBT techniques (e.g., exposure) can be presented in a spiritual framework, (2) spiritual perspectives can be utilized to counter maladaptive cognitions, and (3) spiritual/religious practices may be utilized as behavioral activation and distress tolerance strategies. While research on SI-CBT is still burgeoning, several open and controlled trials have shown promising results. This workshop will provide pragmatic, evidence-based strategies to facilitate the integration of spirituality into the practice of CBT, as well as an overview of scientific developments in this novel area of study to date.

Program
In this ½-day clinical workshop you will learn:
- The current evidence base for integrating spirituality into CBT
- Criteria for determining when it is or is not appropriate for integrating spirituality into CBT
- How to present a rationale for common CBT strategies using spiritual framework
- How to integrate spiritual/religious practices into treatment

Date, Time & Location
Sunday, December 2nd, 2012 – 12:00-4:00pm
Center for Anxiety
Empire State Building
350 Fifth Avenue, 59th Floor, New York NY 10118
Phone: 646 837 5557
Email: info@centerforanxiety.org
Web: www.centerforanxiety.org/training.html
NOTE: ATTENDEES MUST BRING A VALID GOVERNMENT ISSUED PHOTO ID (E.G., DRIVERS LICENSE) TO GAIN ACCESS TO THE EMPIRE STATE BUILDING

Intended Audience
This workshop is designed for mental health professionals including psychologists, psychiatrists, social workers, nurses, chaplains, and counselors. Graduate students, fellows and residents are most welcome. No previous familiarity with SI-CBT or spirituality and mental health research is necessary. A basic working framework of CBT and the principles of collaborative empiricism will be helpful but is not required.
Registration and Fees
Professionals - $100 ($120 at door)
Students - $50 ($60 at door)
Note: Pre-registration will close on Friday, November 30th at 12:00pm.

About the Presenter
David H. Rosmarin, PhD is an Instructor in the Department of Psychiatry at Harvard Medical School and an Assistant in Psychology at McLean Hospital. Dr. Rosmarin received his PhD in Clinical Psychology from Bowling Green State University where he studied under the mentorship of Kenneth I. Pargament, Ph.D. During his graduate studies, Dr. Rosmarin was introduced to CBT at Boston University’s renowned Center for Anxiety and Related Disorders. He completed his internship and postdoctoral fellowship at McLean Hospital where he received intensive training in providing flexible CBT for anxiety, depression, bipolar, and psychotic symptoms as well as personality disorders within an acute and highly comorbid psychiatric setting. Professionally, Dr. Rosmarin is an active member of the Association for Behavioral and Cognitive Therapies (ABCT) and chair of its Spiritual/Religious Issues in Behavior Change Special Interest Group (see www.abctspirituality.com). He has written nearly 30 peer-reviewed publications, delivered over 40 scientific presentations, and served as associated editor for two peer-reviewed special issues on the relevance of spirituality/religion to mental/physical health and treatment. Dr. Rosmarin’s research and innovative clinical approach has been featured in ABC News, NPR, US News and World Report, and the India Times.

Recommended readings: