



Continuing Excellence LLC

Using the *Stages of Accomplishment* Workbooks to Enhance Effective Practice

Presenter: Phil Rich, Ed.D., LICSW

Date: March 2, 2023

Time: 11:00 a.m. – 3:30 p.m. ET (*All times East Coast USA Local Time*)

I. 11:00 a.m. – 12:30 p.m.

- Introduction to Workbooks/Stages Workbooks
 - o Overview of workbooks and their use, including strengths and weaknesses of workbooks
 - o Guidelines for workbook in general
 - o Overview of Stages workbook
 - o Standardized and individualized use of Stages workbooks
 - o The importance of fully understanding the workbooks
 - o Overview of clinician's guide

II. 12:30 p.m. -12:45 p.m.

- Break

III. 12:45 p.m. – 2:00 p.m.

- Use of the Stages Workbooks
 - o Overview of each workbook
 - o Stages content/materials: Thinking points, glossary, chapter reviews, Stage tests
 - o Detailed review of Stages workbooks, by book and exercise

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- Working with clients in using Stages workbooks:
group and individually

IV. 2:00 p.m. – 2:15 p.m.

- Break

V. 2:15 p.m. – 3:30 p.m.

- Cognitive Behavioral Constructs
 - Review of cognitive-behavioral concepts and constructs: thinking errors, dysfunctional behavioral cycle, Seemingly Unimportant Decisions, etc.
 - Alternatives to CBT constructs, designed for cognitively lower-functioning young people
- Wrap up
- Questions and discussion

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