

## **Workshop – CBT for Addictions: Customizing Your Strategies to Meet the Needs of People from Diverse Backgrounds**

### **Bruce S. Liese, PhD**



**Bruce Liese, PhD, ABPP** is a Professor of Family Medicine and Psychiatry at the University of Kansas Medical Center, and Clinical Director of the Cofrin Logan Center for Addiction Research and Treatment at the University of Kansas. Dr. Liese earned his PhD in Counseling Psychology from The University at Albany and is ABPP certified in Family Psychology. He has been Director of CBT Training for a large multi-center NIDA-funded cocaine treatment study. He has taught courses on addictive behaviors, psychotherapy, ethics, and evidence-based practice, he has conducted thousands of hours of psychotherapy for addictions and he has supervised hundreds of CBT trainees.

This active, experiential 3-hour workshop will cover strategies for conceptualizing people with addictions, understanding that timely, accurate case conceptualizations are necessary for choosing optimal CBT techniques for individuals from diverse backgrounds. The workshop will focus on the decision-making process that should take place before, during, and after providing CBT to people with addictions.

We will consider questions like:

- How do I decide whether a particular individual will benefit most from cognitive or behavioral change (or both simultaneously)?
- Should I facilitate specific coping skills? If so, which ones?

Participants are strongly encouraged to arrive with their own questions to this workshop.

**For more information on the CPA conference, please visit:**

<https://addictionpsychology.org/cpa>

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