

AGENDA

Effective Integrative Counseling and Psychotherapy F. Michler Bishop, Ph.D.

Note: All times are Pacific Time

9:00 – 9:10: **Welcome and introduction**

9:10-9:30: **Integrative Counseling and Psychotherapy**

- 150 Years of scientific advances
- Integrating EBTs from various schools

9:30 – 10:30: **Integrative/Eclectic Work, Step by Step. Part I**

- Effective in-session work
- Effective between-session work
- Integrating cultural and religious practices with evidence-based therapies
- Case vignettes

10:30 – 10:45: Morning Break

10:45 – 12:15: **Integrative/Eclectic Work, Step by Step, Part II**

- Working with diverse clientele
- Integrative work with PTSD and CPTSD
- Preparation and prevention: lapses and relapses
- Mindfulness and metastability
- Case vignettes