

# APA 2019



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

**CHICAGO, IL** AUGUST 8-11



005

## Behavioral Activation Therapy for Adolescents With Depression

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CE CREDITS **4**  
ENROLLMENT LIMIT **50**

PRECONVENTION  
Wednesday, August 7

1:00 p.m.-4:50 p.m.

Hyatt Regency  
McCormick Place Hotel  
2233 South Martin Luther King Drive

This workshop is cosponsored by Division 12, Society of Clinical Psychology.

This intermediate workshop presents a developmentally-responsive adaptation of behavioral activation therapy (BA) for adolescents with depression. Participants learn the history and theoretical underpinning of BA, followed by a comprehensive review of the clinical treatment structure and elements adapted for adolescent populations. The presenters emphasize teaching, modeling, and practicing key strategies to help adolescents increase activity, overcome avoidance, and replace mood-driven behavior with goal-oriented behavior. The workshop also demonstrates the ways in which BA can be tailored to meet the needs of diverse populations.

This workshop is designed to help you:

1. Explain the theoretical model and principles of behavioral activation therapy.
2. Implement behavioral activation techniques and assignments into work with adolescents.
3. Modify treatment to match the specific developmental, racial/ethnic, and economic characteristics of their adolescent patients.
4. Generate creative solutions to overcome common treatment barriers that emerge in behavioral activation with adolescents.

### ENROLLMENT IS NOW OPEN!

Visit [convention.apa.org/ce](http://convention.apa.org/ce)  
or call the CEP Office at  
800-374-2721 x5991, option 3.

Fees	EARLY BIRD (4/15-5/15)	ADVANCE (5/16-6/30)	REGULAR (7/1-8/11)
MEMBERS	<b>\$130</b>	\$160	\$190
NONMEMBERS	<b>\$160</b>	\$200	\$240

All CE workshops are sponsored by the APA Continuing Education Committee (CEC). They have been reviewed and approved by the APA CEC to offer CE credits for psychologists. The APA CEC maintains responsibility for the content of the programs.