

Problem-Solving Therapy (PST) in Forensic Settings

DATE & TIME: September 8, 2020 & September 9, 2020 9:00AM - 12:00PM

Attendance on both training days is required for credit

PLACE: Web Broadcast in Microsoft Teams

Details will follow.

Problem-Solving Therapy (PST) is a cognitive-behavioral approach centered toward improving a person's ability to cope with stressful life experiences. Two major goals of problem solving therapy are: 1) adaptive worldview toward problems of daily living, and 2) effective implementation of problem-solving behaviors. Forensic consumers are at increased risk for recidivism if they have difficulty identifying and solving everyday problems. This training will provide participants with a foundation for competencies in assessing and developing problem-solving interventions. Assessment of problem solving ability and style is measured through proctoring the Problem Solving Inventory – Revised (SPSI-R). Participants will learn how to administer, score, and interpret the five SPSI-R scales: Positive Problem Orientation, Negative Problem Orientation, Rational Problem Solving, Impulsivity/Carelessness Style, and Avoidance Style. The results will be then used to develop interventions and measure progress in overcoming problem-solving difficulties.

TARGET AUDIENCE: Registration is strictly limited to AB109 Program staff, Men's & Women's Community Reintegration Program staff, Mental Health Court Linkage Program Staff.

OBJECTIVES: As a result of attending this training, participants should be able to:

1. Compare and contrast PST with other Cognitive-Behavioral Therapies.
2. Explain the role that PST plays regarding maladaptive reactions to stressful life events.
3. Name at least five mental health conditions in which PST is effective.
4. Examine the administration, scoring, and interpretation of the Problem Solving Inventory – Revised (SPSI-R).
5. Describe the five SPSI-R scales.
6. Formulate treatment goals and objectives using concepts from PST.

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DEADLINE: August 25, 2020
CONTINUING EDUCATION: 6 hours for BBS, BRN, CCAPP-EI
CE for Psychologist
COST: NONE

DMH Employees register at:
<http://learningnet.lacounty.gov>

Contract Providers register at:
<https://forms.gle/GtB9RwP95Sf3QuZc8>