

ECP07-01

CBASP WORKSHOP - INTRODUCTION INTO THE COGNITIVE-BEHAVIORAL ANALYSIS SYSTEM OF PSYCHOTHERAPY (CBASP) TO TREAT DEPRESSION

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The Cognitive Behavioral Analysis of Psychotherapy (CBASP) by James McCullough is the only psychotherapeutic intervention specifically designed for chronic forms of depression. CBASP integrates behavioural, cognitive, interpersonal, and psychodynamic theories and strategies.

The approach focuses on problems resulting from maltreatment and inhibition of maturation in early childhood by using the therapeutic relationship in a personal disciplined way. In addition, other interpersonal strategies such as the Significant Other History, the proactive Transference Hypothesis, and the Interpersonal Discrimination Exercise are used to overcome preoperational thinking. By means of another specific technique, the Situation Analysis, patients learn to focus on the negative consequences of their usual behaviour and to use efficient social problem-solving strategies.

In a large study involving over 600 patients with chronic Major Depression, CBASP proved to be effective. The combination of an antidepressant and CBASP was the most beneficial treatment condition. Particularly effective was CBASP for the subgroup of chronically depressives with an early childhood trauma.

In the workshop the theoretical basis will be taught, the specific techniques will be shown by live and video demonstrations, and they will be practised.