

## **Workshop Description**

### **From Chaos to Clarity: A Step-by-Step Model for Complex Cases**

When clients come to therapy with a single psychological difficulty, there is often a clear-cut, evidence-based treatment approach to follow. But what is a therapist to do when clients experience multiple mood disorders accompanied by other difficulties such as eating disorders, relationship problems, and complicating medical conditions? What should be treated first? What treatment protocol(s) should be used?

Padesky presents a step-by-step model to guide therapists' treatment planning with complex cases. It is derived from her most recent book, *Collaborative Case Conceptualization: Working effectively with clients in cognitive-behavior therapy* (Kuyken, Padesky & Dudley; Guilford, 2009). She demonstrates the three guiding principles of this new approach.