



Living Well with Psychosis: An Introduction to Recovery Oriented Cognitive Therapy

1/22/2026

A Live, Interactive Webinar

Description:

Many people have difficulties with motivation and connection (commonly referred to as “negative symptoms”) that make them the least likely to engage in psychosocial treatments. Recovery-Oriented Cognitive Therapy for Psychosis was developed as an extension of CBT for psychosis that privileges these problems. Instead of focusing on symptoms, it works by connecting with the person’s interests and supporting their aspirations, helping them to recover and gain the life they want.

In this webinar, we will review the fundamentals of recovery-oriented cognitive therapy, including the basic model and research. We will discuss clinical applications, providing a taste for providers interested in trying out the treatment now and next steps in learning.

Total CE Credits: 1.5

Total Contact Hours: 1.5

Learning Objectives:

Following the training, attendees will be able to:

1. Evaluate the three parts of the Recovery-Oriented Cognitive Therapy Model
2. Explain the cognitive model of the negative symptoms of motivation.

Target Audience: For behavioral health providers who treat military personnel, veterans, and their families.

Instructional Content Level: Introductory

Agenda:

Agenda for CDP Presents Webinar

Webinar room prep and Lobby time
Welcome to CDPP and Speaker Intro

11:30 am - 12:00 PM
12:00 pm - 12:05 PM



**Speaker Presents
Question and Answer**

**12:05 pm - 1:25 PM
1:25 pm - 1:30 PM**

Continuing Education:

Course Completion Requirements: Participants are required to attend the entire training. Partial credits cannot be issued. Attendance is taken through the use of electronic logs, and a post-training evaluation form must be completed in order to receive ACE social work CE credits. For other CE credits, completion of the evaluation is strongly encouraged, but if you do not wish to complete the evaluation, please contact the training event's POC after the training event.

There is a 30-day time limit post-training to complete all CE requirements. CE Credit Certificates will be available via CE Management system CE21 within 30 days after all course requirements have been completed.

American Psychological Association Sponsor Approval:

The Center for Deployment Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Deployment Psychology maintains responsibility for this program and its content.

Association of Social Work Boards Approved Continuing Education Provider Approval:

The Center for Deployment Psychology, #1761, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Center for Deployment Psychology maintains responsibility for this course. ACE provider approval period: May 19, 2025-May 19, 2028. Social workers completing this course receive 1.5 Live, Interactive Webinar continuing education credits.

New York State Education Department's State Board for Psychology Provider Approval:

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists (#PSY-0178).

New York State Education Department's State Board for Social Work Provider Approval:

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers (#SW-0744).

Inquiries regarding CE credits may be directed via email to Jeremy Karp at jeremy.karp.ctr@usuhs.edu.



Participate:

Online Platform: Zoom

Date: 1/22/2026

Time: 12:00 - 1:30 PM Eastern

Registration Information: Registration is done through event management system CE21, links will be provided to prospective attendees.

Registration Deadline: Registration for this training closes one week prior to the training date.

Cancellations/Questions: Please contact jeremy.karp.ctr@usuhs.edu if you have any questions or need to cancel your registration.

Location Information: Participants will login to the webinar via the CE21 account using the green launch webinar button.

Instructional Format: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions.

System Requirements:

Zoom:

- Internet connection
- Operating System: Windows 7 or higher, Mac OS X with MacOS 10.9 or higher
- Web Browser: Internet Explorer 11+, Edge 12+, Firefox 27+, Chrome 30+, Safari 7+
- Hardware: 1Ghz processor or higher

Special Accommodations: If you require special accommodations due to a disability, please contact Jeremy Karp at jeremy.karp.ctr@usuhs.edu 4 weeks prior to the training so that we may provide you with appropriate service.

Grievances: For any grievances or concerns with this training, including those related to course content, non-receipt of certificate or other occurrences, participants may contact CDP's Continuing Education Director, Ms. Amanda Stanley-Hulsey, via email at amanda.stanley-hulsey.ctr@usuhs.edu



Instructor Biographies:

Aaron P. Brinen, PsyD

Is a co-developer of recovery-oriented cognitive therapy (CT-R) and has been actively involved in adapting CT-R for various settings. He is the author of the recent book, “Living Well With Psychosis,” published by Guilford Press, and one of the co-authors on the original CT-R manual. Dr. Brinen is a clinical psychologist in private practice who employs evidence-based treatments to assist individuals in recovering from severe mental health conditions. He also holds the position of Assistant Professor of Psychiatry and Behavioral Sciences at Vanderbilt University Medical Center in Nashville, Tennessee. Additionally, Dr. Brinen has trained therapists from around the world in the use of CT-R. He is a blogger for Psychology Today, actively produces teaching content through Instagram (and other social media platforms) and YouTube.

****There is no commercial support or conflict of interest to report for this presenter.**