



# Therapeutic Relationship-Focused Cognitive Behavioral Therapy: Basic Principles and Optimization for Suicidal Clients

9/23/2026

A Live, Interactive Webinar

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**Description:** This 90-minute webinar will introduce participants to Therapeutic Relationship-Focused Cognitive Behavioral Therapy (TRF-CBT), an emerging approach that integrates core CBT principles with a deliberate focus on the therapeutic relationship as a primary mechanism of change. Participants will learn how to conceptualize and strengthen therapeutic alliance within a CBT framework, using it to enhance engagement, collaboration, and clinical outcomes. The session will outline specific, evidence-informed strategies for addressing alliance ruptures, fostering client autonomy, and using the therapist–client relationship as both a facilitator and an agent of change. Applications across a range of presenting problems and populations will be discussed, with an emphasis on suicide prevention and practical implementation.

Total CE Credits: 1.5

Total Contact Hours: 1.5

## **Learning Objectives:**

Following the training, attendees will be able to:

1. Choose strategies to strengthen the therapeutic alliance and repair alliance ruptures within CBT sessions.
2. Apply relationship-focused interventions to enhance client engagement, motivation, and treatment outcomes.

**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**

**11:30 am - 12:00 PM**



**Welcome to CDPP and Speaker Intro**  
**Speaker Presents**  
**Question and Answer**

**12:00 pm - 12:05 PM**  
**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](mailto:jeremy.karp.ctr@usuhs.edu).



## **Participate:**

**Online Platform:** Zoom

**Date:** 09/23/2026

**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](mailto: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](mailto: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, via email at [amanda.stanley.ctr@usuhs.edu](mailto:amanda.stanley.ctr@usuhs.edu)



## **Instructor Biographies:**

### **Amy Wenzel, PhD, ABPP**

Amy Wenzel, PhD, ABPP, is owner and director of the Main Line Center for Evidence-Based Psychotherapy. She is the author or editor of 24 books and treatment manuals, including the two-volume set, *Handbook of Cognitive Behavioral Therapy* (2021, American Psychological Association). In addition, she has authored over 100 peer-reviewed journal articles and book chapters and has been featured in many video demonstrations published by the American Psychological Association. Dr. Wenzel lectures internationally on Cognitive Behavioral Therapy and has trained hundreds of cognitive behavioral therapists around the globe. She has held faculty positions at the University of Pennsylvania School of Medicine, the University of North Dakota, and the American College of Norway. Her research has been funded by the National Institutes of Health, the American Foundation for Suicide Prevention, and the National Alliance for Research on Schizophrenia and Depression (now Brain & Behavior Research Foundation). She is on the Scientific Advisory Board of the American Foundation for Suicide Prevention and the editorial boards of *Cognitive and Behavioral Practice* and the *Journal of Rational-Emotive and Cognitive-Behavior Therapy*.

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