

# Cooper Fellow

## LECTURE SERIES

**Thursday, February 15, 2024 3:30 P.M. via Zoom**

**<https://miami.zoom.us/j/98492627758>**



**Steven Safren, PhD**

**Professor of Psychology**

***Title: Optimizing HIV and Mental Outcomes with Cognitive Behavioral Therapy***

Depression in the context of chronic medical illness is highly prevalent and not only causes significant distress and impairment in and of itself, but also affects one's ability to manage one's illness. This can be particularly problematic for in HIV because managing HIV involves needing to remain engaged in HIV primary care and take medicines daily for the rest of one's life. Generally, health psychology interventions do not address mental health comorbidity. The present talk will describe the development and testing of cognitive behavioral therapy for adherence and depression (CBT-AD) and its successful application in HIV both in U.S. and international trials. Additionally, it will highlight selected related work following a similar model of addressing both behavioral health and health promotion via cognitive behavioral interventions.



UNIVERSITY OF MIAMI

COLLEGE of  
ARTS & SCIENCES

Cooper Fellows Lectures are free and open to the public.

For more information, contact Rose Glemaud at  
305-284-4021; [rglemaud@miami.edu](mailto:rglemaud@miami.edu).

[WWW.AS.MIAMI.EDU/LECTURES](http://WWW.AS.MIAMI.EDU/LECTURES)

Fall 2023