

Cognitive Behavioral Therapy Certificate Course

3-Day Intensive Training

Join in for this breakthrough Cognitive Behavioral Therapy (CBT) Certificate Course to develop core competencies and transform your skills to achieve better therapeutic outcomes, even with your most challenging clients!

You will be able to utilize concrete strategies that will provide greater healing for your clients who suffer from:

- Mood disorders
- Substance abuse
- Anger
- Personality disorders
- Anxiety disorders
- Suicidality
- PTSD
- And many more challenging clients!

You'll get effective clinical techniques from Avidan Milevsky, PhD, LCPC. He will teach you how to master the art of applying CBT to a variety of clinical populations. Join him for this revolutionary experience as he reveals the latest advances in CBT to get the skills you need to succeed!

Through case studies, interactive discussions, role-plays, and reproducible handouts, you will take away practical CBT strategies to use immediately with any client. Leave this certificate course armed with tools you can use in your very next session.

Don't miss out—register now to reserve your seat!

Certificate of completion
will be awarded at the end of the training.

Live Course Schedule (each day)

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (on your own)
4:00 Program ends

There will be two 15 min breaks (mid-morning & mid-afternoon)
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Target Audience:

Psychologists • Counselors
Social Workers • Psychotherapists
Case Managers • Addiction Counselors
Marriage & Family Therapists • Nurses
Mental Health Professionals

Outline

Master the Core Skills and Competencies of CBT

Foundations in CBT

Evolution of Cognitive Behavioral Therapies
Neurobiological Findings
Outcome Studies
Limitations of the Research and Potential Risks

Treatment Concepts

Socialization to Treatment Model
Levels of Cognition
Eliciting & Labeling Distortions
Identify & Evaluate Automatic Thoughts

Offshoot Models

Third Wave Approaches
DBT
Acceptance & Commitment Therapy
Schema Therapy

The Therapeutic Relationship

Establish Rapport
Ruptures in the Therapeutic Alliance
Predictive of Outcome

Cognitive Conceptualization

Case Formulation
Collaborative Empiricism
Symptom Driven Treatment Planning

Key Components of CBT Practice

Structure
Feedback
Guided Discovery
Collaborative Empiricism
Homework

Application to Clinical Practice

Case Studies/Role Plays

CBT for Mood Disorders, Anger, Anxiety, PTSD & Substance Abuse

CBT for Mood Disorders

Cognitive Model of Depression
Behavioral Activation
Sleep Hygiene
Activity Monitoring & Scheduling
Modify Negative Cognitions
Gratitude & Meaning
Depressive Relapse
Bipolar Disorder

CBT for Anger

Cognitive Model of Anger
Role of Values & "Moral Resistance"
Symptom Management

CBT for Anxiety

Generalized Anxiety
Cognitive Model of Anxiety
"Worry Cure"
Phobias
Hierarchy Work
Desensitization
Panic Disorder
Cognitive Model of Panic
Interoceptive Strategies

CBT for OCD

Intrusive Thoughts
Metacognitive Strategies
Behavioral Experiments

CBT for PTSD

Prolonged Exposure
Cognitive Reprocessing
Trauma Narratives

CBT for Substance Abuse

Impulse Control Models
Monitor Cravings & Resist Urges
Relapse Prevention

Application to Clinical Practice

Case Studies/Role Plays

Difficult Cases, Cluster B & C Personality Disorders

Overview of CBT for Challenging Cases

Why are they challenging
Adaptations in CBT
Modified Expectations for the Therapist

Treatment Model

Early Maladaptive Schemas
Breaking Destructive Behavioral Cycles
Belief Modification Protocol

CBT for Cluster B Personality Disorders

Antisocial
Psychopathy
Behavior Management
Narcissistic
Subtypes of Narcissism
Schema Mode Work
Histrionic
Schema Modification
Constructive Alternatives for "Getting Noticed"
Borderline
DBT Based Strategies
Emotion Regulation Skills
Distress Tolerance Skills
Interpersonal Effectiveness Skills

CBT for Cluster C Personality Disorders

Modifying Avoidant Schemas and Strategies
Changing Dependent Beliefs and Behaviors
OCPD: Interventions and Strategies

Advanced Strategies for Cluster B Personality Disorders:

Modify Deep Seeded Beliefs
Continuum Work
Construct New Beliefs
Internalization Exercises
Build Resilience
Cognitive Behavioral Chain Analysis
Schema Mode Work

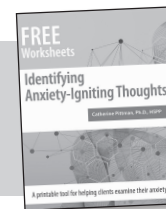
CBT for Suicidal Clients

CBT Model of suicide
Risk Assessment
Strategies for Suicidal Ideation and Hopelessness
Reasons for Living Inventories

FREE Worksheets

Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPP



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Certificate Course

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Cognitive Behavioral Therapy Certificate Course

3-Day Intensive Training

*The Ultimate Intensive 3-Day
Skills Training on CBT!*

FAIRFAX, VA

Monday-Wednesday
February 18-20, 2019

Register now! pesi.com/express/67626

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3-Day Intensive Training

*The Ultimate Intensive 3-Day
Skills Training on CBT!*

Featuring, Avidan Milevsky, PhD, LCPC

- Master the core skills and competencies of CBT
- CBT for mood disorders, anger, anxiety, PTSD & substance abuse
- Difficult cases, Cluster B & C personality disorders

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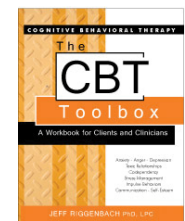
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Objectives

- 1. Apply evidence-based CBT techniques to multiple symptom sets.
- 2. Choose methods for conducting CBT psychoeducation to elicit “buy in” from most difficult clients.
- 3. Point out, challenge and modify dysfunctional self-talk, thoughts and core beliefs.
- 4. Develop case conceptualization skills for treating any DSM-5® condition.
- 5. Formulate the key components of CBT practice.
- 6. Implement rapport-building tips and tools to improve client relationships.
- 7. Evaluate key behavioral activation strategies useful for alleviating treatment resistant depression.
- 8. Develop strategies for treating depressive relapses.
- 9. Implement cognitive behavioral methods to overcome intrusive, obsessive compulsive thoughts.
- 10. Integrate key strategies for impulse control used to treat substance use-disorders.
- 11. Provide exposure and cognitive processing interventions used to treatment PTSD and trauma.
- 12. Utilize cognitive reprocessing for clients with PTSD.
- 13. Measure symptom management strategies for personality disorders.
- 14. Apply DBT skills training for borderline personality disorder.
- 15. Articulate the role of early maladaptive schemas in maintaining chronic conditions.
- 16. Utilize schema-based strategies for breaking lifelong destructive behavioral cycles.
- 17. Determine eight motivations for parasuicidal behaviors and how to effectively intervene for each motivation.
- 18. Establish how family dynamics are affected by an individual with borderline personality disorder and discover how to improve family communication.
- 19. Compile suicide assessment skills and learn how to document to minimize liability.

SAVE BY INCLUDING THESE PRODUCTS WITH REGISTRATION!

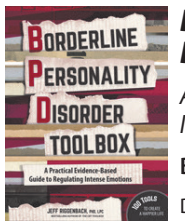


The CBT Toolbox

A Workbook for Clients and Clinicians

By Jeff Rigenbach, Ph.D., LPC

Theoretically sound, yet practical and easy to use, this resource guides you through evidence based exercises. Not a “one strategy fits all” book or approach; it integrates research with practical application and exercises. Tools for depression, anxiety, impulsive and destructive behaviors, problem solving, toxic relationships, stress management and more.

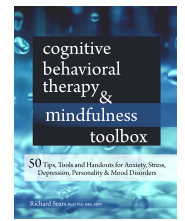


Borderline Personality Disorder Toolbox

A Treatment Guide for Regulating Intense Emotions

By Jeff Rigenbach, Ph.D., LPC

Drawing from a variety of evidence-based approaches, the *Borderline Personality Disorder Toolbox* is a real-world self-help workbook. Escaping generalizations and stereotypes, this complete guide is filled with practical explanations, along with over 100 worksheets and activities to improve behavior.

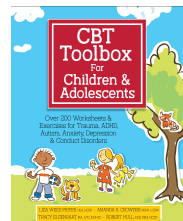


Cognitive Behavioral Therapy & Mindfulness Toolbox

50 Tips, Tools and Handouts for Anxiety, Stress, Depression, Personality and Mood Disorders

By Richard Sears, PsyD, MBA, ABPP

Clinical psychologist and mindfulness expert Dr. Richard Sears has created a practical, engaging skills manual that clearly defines the principles of CBT and then demonstrates steps for integrating mindfulness practices into therapy – all drawing from the latest research. Straight-forward explanations and dozens of worksheets provide fresh insights and new tools to move therapy forward when treating stress, anxiety, panic, depression, pain, trauma, addictions, and other issues.



CBT Toolbox for Children and Adolescents

Over 220 Worksheets & exercises for Trauma, ADHD, Autism, Anxiety, Depression & Conduct Disorders

By Robert Hull, MA, ED, EDS, MHS

The *CBT Toolbox for Children and Adolescents* gives you the resources to help the children in your life handle their daily obstacles with ease. Written by clinicians and teachers with decades of experience working with kids, these practical and easy-to-use therapy tools are vital to teaching children how to cope with and overcome their deepest struggles. Step-by-step, you'll see how the best strategies from cognitive behavioral therapy are adapted for children.

Bio

Avidan Milevsky, PhD, LCPC, has over 20 years of experience specializing in the broad application of cognitive behavioral interventions for multiple client difficulties. He is an associate professor of psychology at Kutztown University of Pennsylvania and psychotherapist at Wellspring Counseling in Towson, MD. His clinical research has produced over 100 conference presentations, more than 20 papers in peer-reviewed journals, and six books including *Will I Ever be Happy Again*, *Understanding Adolescents for the Helping Professional*, and *Sibling Issues in Therapy*.


He has lectured to audiences in the United States, Canada, South America, Europe, and the Middle-East on various topics including cognitive behavioral interventions for individuals and family issues, parenting, sibling relationships, and the intersection between spirituality and mental health. Dr. Milevsky has been interviewed by national media about his work including stories in *The Washington Post*, *The Wall Street Journal*, *The Associated Press*, *Real Simple*, and *Allure* magazine. Additionally, Dr. Milevsky is a columnist for *Psychology Today* and *The Huffington Post* on well-being issues. He has been a guest expert on TV and radio including an appearance on Public Radio International’s “The Takeaway”.

Speaker Disclosure:
Financial: Avidan Milevsky has an employment relationship with Wellspring Counseling. He is an associate professor of Psychology at Ariel University in Israel, Executive Director of The Family Institute School of Psychotherapy and Clinic in Jerusalem, and a psychotherapist at Wellspring Counseling in Towson, MD, USA. Dr. Milevsky receives a speaking honorarium from PESI, Inc.
Non-financial: Avidan Milevsky is a member of the American Psychological Association.

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Certificate Course Continuing Education Credit Information for Entire Training

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDICTION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 19.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

COUNSELORS: This intermediate activity consists of 19.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

DISTRICT OF COLUMBIA COUNSELORS: This intermediate activity consists of 19.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

MARYLAND COUNSELORS: This intermediate activity is approved for 19.0 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

VIRGINIA COUNSELORS: This intermediate activity consists of 19.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

Certificate of completion will be awarded at the end of the training.



PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. *Advance registration by phone required.*

WEST VIRGINIA COUNSELORS: An application has been submitted to the West Virginia Board of Examiners in Counseling.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 1140 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 19.0 contact hours. PARTIAL CONTACT HOURS WILL BE AWARDED FOR PARTIAL ATTENDANCE.

PSYCHOLOGISTS: This activity consists of 19.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maryland, Missouri, Nebraska, New Hampshire, New Jersey, New Mexico, Pennsylvania and South Carolina. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education. PESI, Inc. designates this live activity for a maximum of 19.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 19.0 (Clinical) continuing education clock hours for this Intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

WEST VIRGINIA SOCIAL WORKERS: The West Virginia Board of Social Work Examiners can only approve programs held in the state of West Virginia. This course does not qualify for West Virginia social work credits. You will still receive a certificate of completion at the end of the seminar to retain for your records.

OTHER PROFESSIONS: This activity qualifies for 1140 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

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ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

• **FREE MILITARY TUITION:** PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. *Advance registration by phone required.*

• **\$90 Tuition:** If you are interested in being our registration coordinator for the all three days, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 5 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details.

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