



# Cognitive Behavioral Therapy Certificate Course

## 3-Day Intensive Training



In this intensive CBT certificate course, you'll master a fresh set of clinical tools and skills that will **transform your practice**. This is NOT a "one-strategy-fits-all" approach. This CBT course offers you a complete collection of practical ways to integrate this empirically supported approach into your very next session.

**Columbia, MD**

**Wednesday - Friday, May 22-24, 2019**

**Sheraton Columbia Hotel**

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**Upcoming  
Live Video Webcast**

**May 1-3, 2019**

9am - 5pm Eastern

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# Earn your CBT Certificate



Early in my career, I was using basic CBT skills to help my clients with depression. As co-occurring conditions emerged, I quickly realized that my standard CBT skills left me feeling ill-equipped to apply CBT with these complex cases.

That's when I determined I needed more comprehensive CBT training, which I received in part at the Beck Institute of Cognitive Therapy.

For nearly 30 years, I've applied my advanced CBT skills to effectively treat **anxiety, depression, addiction, OCD, trauma, personality disorders, and more** – and the transformation and lasting change I see in my clients is remarkable.

I want you to also achieve these breakthrough results, so I've worked with PESI to develop this 3-day certificate course: **Cognitive Behavioral Therapy (CBT) Intensive Training & Certificate Course**.

In this advanced training, I'll guide you step by step through mastery of the empirically supported **skills, tools and competencies of CBT**, preparing you to apply CBT with a wide variety of clinical populations.

You'll be amazed at the difference you'll see in your clients and the confidence you'll gain in your practice.

Hope to see you in the training,

**John Ludgate, Ph.D. & The PESI Team**

PS...You'll learn so much more than just CBT techniques in this training! Case conceptualization and formulation, session structure, client collaboration and more make this comprehensive training practical and effective. **Your satisfaction is guaranteed — register today.**

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**QUESTIONS? Call customer service at 800-844-8260**

# The CBT Skills Training You have been waiting for!

## Do you have a client who everyone else has given up on?

They've seen multiple therapists, without the relief they want and deserve.

Maybe you feel stuck with this client — and at this point, even the client believes they are not capable of getting better.

## You can offer them hope...with practical interventions that are proven to WORK.

Evidence points to Cognitive Behavioral Therapy (CBT) as one of the most effective treatments for many chronic, recurring, and challenging mental health conditions including **depression, anxiety, addiction, personality disorders, OCD, PTSD, trauma and more.**

In this intensive CBT certificate course, you'll master a fresh set of clinical tools and skills that will **transform your practice.** This is NOT a "one-strategy-fits-all" approach. This CBT course offers you a complete collection of practical ways to integrate this empirically supported approach into your very next session.

**Have a seminar idea? A manuscript to publish?** The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Jeff Mares at [jmares@pesi.com](mailto:jmares@pesi.com) or call 715-855-5269.

## John Ludgate, Ph.D.



is a licensed clinical psychologist who has worked as a psychotherapist for almost 30 years. He is a Founding Fellow of the Academy of Cognitive Therapy. His practice, which involves work in both a private practice and in an outpatient psychiatric center, consists largely of treating clients referred with

mood problems and/or anxiety conditions. He is working at the Cognitive-Behavioral Therapy Center of Western North Carolina in Asheville, North Carolina.

John is a native of southern Ireland and obtained a Master Degree in clinical psychology from the University of Edinburgh in Scotland, and a Ph.D. from Trinity College, Dublin, Ireland over 25 years ago. He trained at the Center for Cognitive Therapy in Philadelphia under Dr. Aaron Beck, the founder of Cognitive Therapy, obtaining a Post-Doctoral Fellowship in Cognitive Therapy from the University of Pennsylvania over 30 years ago. He subsequently became assistant director of training at Dr. Beck's Center.

His books include *Teaching and Supervising Cognitive Behavior Therapy* (Wiley, 2015), co-author of *Overcoming Compassion Fatigue* (PESI Publishing & Media, 2014), *Heal Your Self* (Professional Resource Exchange, 2012), *Cognitive Behavioral Therapy and Relapse Prevention for Depression and Anxiety* (Professional Resource Press, 2009), and was co-editor for *Cognitive Therapy with Inpatients: Developing a Cognitive Milieu* (Guilford Press, 1993). In the early 1990s, Dr. Ludgate was a research clinical psychologist at the University of Oxford in England and served as cognitive therapist in several outcome studies of panic disorder, agoraphobia, social phobia and hypochondriasis. Throughout his storied career, he has written numerous journal articles and book chapters in the field of Cognitive Behavior Therapy, and has presented hundreds of seminars and workshops on cognitive behavioral approaches, both nationally and internationally.

### Speaker Disclosure

Financial: John Ludgate has an employment relationship with Cognitive Behavioral Therapy Center of WNC. He receives a speaking honorarium from PESI, Inc.

Non-financial: John Ludgate has no relevant non-financial relationship to disclose.

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# Comprehensive Course Agenda

**COURSE HOURS EACH DAY: 8 a.m. to 4 p.m.\***

Registration and Morning Coffee & Tea at 7:30 a.m.

Lunch Break

\*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 will be provided.

## 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



### Hassle-Free Cancellation Policy:

If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$90 cancel fee. Substitutions are permitted at any time.

**QUESTIONS? Call customer service at 800-844-8260**

# enda

Break (on your own) 11:50 a.m. to 1 p.m.

Schedule is available upon request.

## 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

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**Live Video Webcast  
and Save!**

**May 1-3, 2019**  
9am - 5pm Eastern

For CE, additional information and to register visit:  
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Use Promo Code **TENOFFWEB** to save \$10!

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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.

### THIS COURSE IS DESIGNED FOR:

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

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# Amazing Results!!!

We've been overwhelmed by the response to the **Cognitive Behavioral Therapy (CBT) Intensive Training & Certificate Course**.

But it's not surprising...clinicians like you are so passionate about helping even your most challenging clients break through chronic, recurring mental health conditions including: **depression, addiction, OCD, PTSD, anxiety, personality disorders and trauma.**

The **evidence-based CBT** approach leverages a powerful set of clinical skills and practical interventions that are proven to improve treatment outcomes for these challenging conditions and more.

**ENROLL NOW** and join your colleagues in this certificate course where **I'll guide you step-by-step** through specialized CBT training. You'll master a fresh set of empirically supported clinical strategies and powerful tools that will transform your practice and treatment outcomes.

Don't miss this opportunity to transform your therapeutic outcomes and your practice with CBT.

Your partners in education and success,  
**John Ludgate, Ph.D. & The PESI Team**

EARN UP TO  
**19**  
CE Hours!

Enroll Now  
Attendance  
is limited!

## 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" on this brochure 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 [cepsi@pesi.com](mailto:cepsi@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 profession's 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.

**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, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Pennsylvania, South Carolina and Wisconsin. 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.

**DISTRICT OF COLUMBIA PSYCHOLOGISTS:** Please contact our customer service department at 800-844-8260 or [info@pesi.com](mailto:info@pesi.com) for the most current information.

**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](http://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 Practice) 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. Full attendance is required; no partial credits will be offered for partial attendance.

**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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**Seminar on DVD or CD Package:** You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

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Save by including these products with registration!



### Cognitive-Behavioral Therapy and Relapse Prevention for Depression and Anxiety

By John Ludgate, PhD  
**Your Speaker!**

There are few comprehensive practical guidelines for the practitioner wishing to implement cognitive-behavioral strategies in an attempt to maximize therapeutic gains and prevent symptom recurrence. This book aims to fill the gap. Included are an overview of cognitive-behavior therapy and its relationship to maintenance and relapse, practical procedures to facilitate maintenance and prevent relapse, guidelines for therapists working with patients who have relapsed and several case examples.



### The CBT Couples Toolbox

By John Ludgate, PhD  
**Your Speaker!** &  
Tereza Grubr, MA, LPCA

Grounded in Cognitive Behavioral Therapy strategies, along with the best interventions from Dialectical Behavioral Therapy, Mindfulness and Positive Psychology, this will be your powerful go-to resource for guiding couples through challenges, obstacles and opportunities.



### Overcoming Compassion Fatigue: A Practical Resilience Workbook

By Martha Teater, MA,  
LMFT, LPC, LCAS and  
John Ludgate, PhD  
**Your Speaker!**

A fresh workbook approach to equip you with practical tools to manage your work and minimize your risk of personal harm. Expertly weaved with personal experiences, assessment tools, proven interventions, and prevention strategies. Filled with worksheets, exercises, checklists and assessments.

#### 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. *Advanced online registration required.*
- **\$90 Tuition:** If you are interested in being our registration coordinator for all three days, go to: [www.pesi.com/coord](http://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/](http://www.pesi.com/) students or call 800-844-8260 for details.

*Advance registration required.*

*Cannot be combined with other discounts.*

# Cognitive Behavioral Therapy Certificate Course 3-Day Intensive Training

## How to Register

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### PHONE

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Please have credit card available

### FAX

**800-554-9775**

### MAIL

PESI  
PO BOX 1000  
Eau Claire, WI  
54702-1000

QUESTIONS? Call **800-844-8260** or e-mail us at [info@pesi.com](mailto:info@pesi.com).

## 1 Please complete entire form

(to notify you of seminar changes): *please print; staple duplicate forms.*

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## 3 Check Tuition (with Seminar Manual)

### Early Bird Tuition \$549.99

per person (postmarked 3 weeks prior to event) -or- for two or more people registering together.

### Standard Tuition \$599.99

per person

## 4 Add-On Products

	Distributed at seminar FREE SHIPPING	Shipped to You
<b>Cognitive Behavioral Therapy Intensive Training Certificate Course</b> Seminar on DVD* (video) \$499.99 (RNV048940)	N/A	<input type="checkbox"/>
<b>Cognitive Behavioral Therapy Intensive Training Certificate Course</b> Seminar on CD* (audio) \$469.99 (RNA048940)	N/A	<input type="checkbox"/>
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<b>The CBT Couples Toolbox</b> book* \$24.99 (PUB085210)	<input type="checkbox"/>	<input type="checkbox"/>
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**Residents add applicable state and local taxes except in AK, DE, MT, NH, OR		
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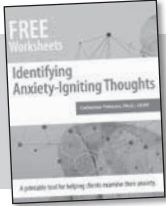
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## FREE Worksheets

### Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPP



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