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

You'll get effective clinical techniques from Dr. John Ludgate, a Founding Fellow of the Academy of Cognitive Therapy, and trained at the Center for Cognitive Therapy in Philadelphia under Cognitive Therapy's founder Dr. Aaron Beck. 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!



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

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

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 Plavs

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

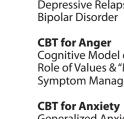
CBT Model of Suicide Risk Assessment Strategies for Suicidal Ideation and Hopelessness Reasons for Living Inventories

The Ultimate Intensive 3-Day Skills Training on CBT!



Today!





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.
- Point out, challenge and modify dysfunctional self-talk, thoughts and core beliefs.
- 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.
- 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.

Target Audience:

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

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 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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Group Discounts Available! Call 800-844-8260

Bio—

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 currently 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 in 1990. 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 in 1986. He subsequently became assistant director of training at Dr. Beck's Center.

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. In 2009 he authored Cognitive Behavioral Therapy and Relapse Prevention for Depression and Anxiety published by Professional Resources Press and was co-editor with Wright, Thase and Beck of Cognitive Therapy with Inpatients: Developing a Cognitive Milieu published by Guilford Press in 1993. His newest book is Overcoming Compassion Fatigue, co-authored with Martha Teater, and was published by PESI Publishing & Media in 2014. He has written numerous journal articles and book chapters in the field of Cognitive Behavior Therapy for Anxiety and Depression. He has presented many 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.

Live Seminar Schedule (All Three Days) 7:30 Registration/Morning Coffee & Tea 8:00 Program begins **11:50-1:00** Lunch (on your own) **4:00** Program ends [here will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker.

more detailed schedule is available upon request.

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The CBT Couples Toolbox

Over 45 Exercises to Improve Communication, Navigate Problems and Build Strong Relationships

By John Ludgate, PhD - Your Speaker! and Tereza Grubr, MA, LPCA

Grounded in Cognitive Behavioral Therapy strategies, along with the best interventions from Dialectical Behavioral herapy, Mindfulness and Positive Psychology, this will be your powerful go-to resource for guiding couples through challenges, obstacles and opportunities. Filled with 45 unique exercises, assessments, treatment plans and homework to diagnose, tackle specific issues, and keep the therapy moving forward.

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.

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.

More info and resources at www.pesi.com

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-reaistered 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 cepesi@pesi.com or

Materials that are included in this course may include interventions and modalities that are bevond 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

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

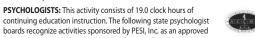
TEXAS COUNSELORS: PESI. Inc. has been approved as a continuing education sponsor through the Texas State Board of Examiners of Professional Counselors. Provider #: 2477. This course gualifies for 19.0 continuing education credits.

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.

TEXAS MARRIAGE & FAMILY THERAPISTS: PESI, Inc. has been approved as a continuing education sponsor through the Texas State Board of Examiners of Marriage and Family Therapists. Provider #: 503. This course gualifies for 19.0 continuing education credits

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.

NURSES/NURSE PRACTITIONER/CUNICAL NURSE SPECIALISTS: PESI



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, Oklahoma, 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

TEXAS PSYCHOLOGISTS: This activity is approved by Texas Psychological

SOCIAL WORKERS: PESI Inc. #1062 is approved to offer social work continuing education by the Association of Social Work

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. PESI. Inc. maintains responsibility for the course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 19.0 Clinical Practice continuing education credits for completing this course. Course Level: Intermediate. 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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Ve would be happy to accommodate your ADA needs; please call at least two veeks prior to the seminar date.

NALK-INS

Valk-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.

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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. Limited seats available; advance online eaistration reauired

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

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Cognitive Behavioral Therapy Intensive Training Certificate Course

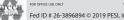
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