

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 Galen Cole, PhD, MPH, LPC, WCP. 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!

The Ultimate Intensive 3-Day Skills Training on CBT!



Questions?
Call Customer Service:
800-844-8260



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

Cognitive Behavioral Therapy (CBT) for Anxiety

CE Seminar & Worksheet

John Ludgate, PhD

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Cognitive Behavioral Therapy Certificate Course

3-Day Intensive Training

The Ultimate Intensive 3-Day Skills Training on CBT!

SEATTLE, WA

Wednesday - Friday
August 14-16, 2019

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Earn your
CERTIFICATE
Today!

Cognitive Behavioral Therapy Certificate Course

3-Day Intensive Training

NBCC
Credit
Available!

The Ultimate Intensive 3-Day Skills Training on CBT!

Featuring, Galen Cole, PhD, LPC, WCP, MPH

- 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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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.

Target Audience:

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

Have a seminar idea? A manuscript to publish? 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 Val Whitehead at vwhitehead@pesi.com or call 715-855-8166.

Group Discounts Available! Call 800-844-8260

Bio

Galen Cole, PhD, MPH, LPC, WCP, is a licensed counselor, a world certified psychotherapist, certified clinical hypnotherapist and has a master of public health. Dr. Cole specializes in contemporary cognitive appraisal techniques, including Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). In his private practice Dr. Cole applies evidence-based CBT interventions to treat adult clients with a wide range of conditions like depression, anxiety, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), anger, addictions and adult ADHD. He consistently uses CBT in his clinical practice because of its effective, proven results with clients.

Dr. Cole has published several books, including the new release, *True Psychology: The Science of Building Psychological Resilience* (2016), where he skillfully explains how CBT can be applied in ways that rapidly resolve trauma, and effectively treat the etiology of mood disorder and anxiety conditions.

In addition to his clinical practice, Dr. Cole has served in several senior level capacities as both a researcher and a mental health thought leader. He serves as president of the Georgia Association of Licensed Professional Counselors.

Speaker Disclosure:
Financial: Galen Cole is in private practice. He receives a speaking honorarium from PESI, Inc.
Non-financial: Galen Cole is a member of the Georgia Association for Licensed Professional Counselors.



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 registration required.**

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

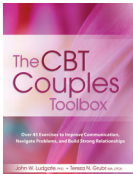
There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.



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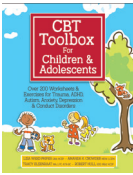
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The CBT Couples Toolbox: Over 45 Exercises to Improve Communication, Navigate Problems and Build Strong Relationships

By John Ludgate, PhD & Tereza Grubr, MA, LPCA

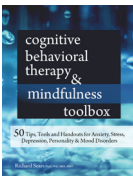
Grounded in Cognitive Behavioral Therapy strategies, along with the best interventions from Dialectical Behavioral Therapy, Mindfulness and Positive Psychology, this will be your powerful go-to resource for guiding couples through challenges, obstacles and opportunities. Filled with 45 unique exercises,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



CBT Toolbox for Children and Adolescents: Over 200 Worksheets & Exercises for Trauma, ADHD, Autism, Anxiety, Depression & Conduct Disorders

By Robert Hull, Lisa Weed Phifer, Amanda Crowder & Tracy Elsenraat

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.



Cognitive Behavioral Therapy & Mindfulness Toolbox: 50 Tips, Tools and Handouts for Anxiety, Stress, Depression, Personality and Mood Disorders

By Richard Sears, PsyD, MBA, ABPP, PhD

Cognitive Behavioral Therapy (CBT) has been an effective intervention for decades, but few clinicians have discovered the powerful treatment results of combining CBT with Mindfulness.

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

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 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 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: Cognitive Behavioral Therapy Certificate Course: 3-Day Intensive Training has been approved by NBCC for NBCC credit. PESI, Inc. is solely responsible for all aspects of the program. NBCC Approval No. SP-SP-3157. PESI is offering this activity for 19.0 clock hours of continuing education credit.

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 live 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 and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

CANADIAN PSYCHOLOGISTS: PESI, Inc. is approved by the Canadian Psychological Association to offer continuing education for psychologists. PESI, Inc. maintains responsibility for the program. This program is approved for 19.0 continuing education hours.

CALIFORNIA PSYCHOLOGISTS: PESI, Inc. is approved by the CPA OPD to sponsor continuing education for psychologists. Provider #PES010. PESI maintains responsibility for this program and its contents. PESI is offering this activity for 19.0 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

SOCIAL WORKERS: PESI, Inc., #1062, 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. 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.

WASHINGTON SOCIAL WORKERS/COUNSELORS/MARRIAGE & FAMILY THERAPISTS: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

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.

How to Register Cognitive Behavioral Therapy Certificate Course: 3-Day Intensive Training

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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. **Limited seats available; advance online registration required.**
- **\$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.
- **Groups of 5 or more:** Call 800-844-8260 for discounts.
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