

Cognitive Behavioral Therapy Certificate Course

3-Day Intensive Training

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.

For over 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,
David M. Pratt, PhD, MSW

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.**

The Ultimate Intensive 3-Day Skills Training on CBT!

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

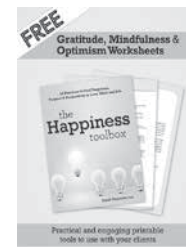
Advanced Strategies for Cluster B Personality Disorders:

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



Free Gratitude, Mindfulness & Optimism Worksheets

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Cognitive Behavioral Therapy Certificate Course

3-Day Intensive Training

Earn your

CERTIFICATE

Today!

The Ultimate Intensive 3-Day Skills Training on CBT!

ST. LOUIS, MO

Wednesday - Friday
October 23 - 25, 2019

REGISTER NOW! pesi.com/express/73947

Cognitive Behavioral Therapy Certificate Course

3-Day Intensive Training

The Ultimate Intensive 3-Day Skills Training on CBT!

Featuring, David M. Pratt, PhD, MSW

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

Earn your

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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.

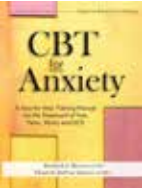
Bio

David M. Pratt, PhD, MSW, is a licensed psychologist with over 35 years of experience working with children, adolescents, families and adults. Dr. Pratt utilizes evidence-based, cognitive-behavioral approaches in treatment. He specializes in the treatment of depression and suicide prevention, anxiety disorders, obsessive-compulsive disorder, post-traumatic stress disorder, personality disorders and disruptive behavioral disorders in youth.

Dr. Pratt is in private practice and director of the Mood Management Program at the Western New York Psychotherapy Services in Amherst, NY. He is on faculty with SUNY, Buffalo, School of Social Work, Office of Continuing Education and a member of New York State, Office of Mental Health Advisory Board on Evidence-Based Treatments for Youth. He was the principal psychologist at the Western New York Children’s Psychiatric Center, clinical assistant professor of psychiatry at SUNY, Buffalo and adjunct professor/lecturer, SUNY, Buffalo Counseling, School and Educational Psychology Department.

Speaker Disclosure
Financial: David Pratt is in private practice. He receives a speaking honorarium from PESI, Inc.
Non-financial: David Pratt has no relevant non-financial relationship to disclose.

Save by including these products with registration!

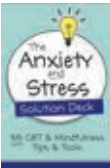


CBT for Anxiety
A Step-By-Step Training Manual for the Treatment of Fear, Panic, Worry and OCD
By Kimberly Morrow, LCSW and Elizabeth Dupont Spencer, M.S.W., LCSW-C
Concise, clear and practical, this workbook will provide immediate tools to motivate, encourage and effectively treat even your most anxious clients. A key highlight of the book are guided opportunities to work through treatment obstacles to enhance your clinical skills. Dozens of reproducible worksheets, exercises and handouts.



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

By Robert Hull, Lisa 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.



The Anxiety and Stress Solution Card Deck
55 CBT & Mindfulness Tips & Tools
By Judith A. Belmont, MS, NCC, LPC
Relieve stress and calm anxiety with 55 quick and effective tips & tools. Each card features a short Tip, followed by a Tool, or short activity to put that Tip into practice. Clarify Your Feelings • Challenge Your Thoughts • Change Your Behaviors Calming Strategies

More info and resources at www.pesi.com

Target Audience:

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

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

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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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.

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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 Valerie Whitehead at vwhitehead@pesi.com or call (715) 855-8166.

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.

ILLINOIS ADDICTION COUNSELORS: This course has been submitted to the IADAPCA for review.

COUNSELORS (NBCC): Cognitive Behavioral Therapy Certificate Course:3-Day Intensive Training (4/10-12/19) has been approved by NBCC for NBCC credit. PESI, Inc. is solely responsible for all aspects of the program. NBCC Approval No. SP-3240. PESI is offering this activity for 19.0 clock hours of continuing education credit.

ILLINOIS 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.

MISSOURI 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.

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.

ILLINOIS MARRIAGE & FAMILY THERAPISTS: PESI, Inc. has been approved as a provider of continuing education by the State of Illinois, Department of Professional Regulation. Provider #: 168-000156. Full attendance at this course qualifies for 19.0 credits.

NURSES, NURSE PRACTITIONERS, AND 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.

PSYCHIATRISTS: 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. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.

PSYCHOLOGISTS: 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, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 19.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

ILLINOIS PSYCHOLOGISTS: PESI, Inc is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 268.000102. Full attendance at this course qualifies for 19.0 contact hours.

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 this course. ACE provider approval period: January 27, 2017 – January 27, 2020. Social Workers completing this course receive 19.0 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

ILLINOIS SOCIAL WORKERS: PESI, Inc is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 159-000154. Full attendance at this course qualifies for 19.0 contact hours.

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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1 Please complete entire form (to notify you of seminar changes):
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VW

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.

• **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.

*Advance registration required.
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Cognitive Behavioral Therapy Intensive Training Certificate Course

___ Seminar on DVD* (video) \$599.99 (RNV048940)
___ Seminar on CD* (audio) \$599.99 (RNA048940)
___ **CBT for Anxiety** book* \$24.99 (PUB085465)
___ **CBT Toolbox for Children and Adolescents** book* \$34.99 (PUB085120)
___ **The Anxiety and Stress Solution Card Deck*** \$16.99 (PUB085925)

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*Shipping is \$6.95 first item + \$2.00 each add'l item.

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