

# Advanced CBT Training

## Evidence-Based Interventions for Chronic Anxiety, OCD, Depression, Trauma and PTSD

Cognitive Behavioral Therapy (CBT) is an evidence based treatment that is one of the **most effective treatments** for chronic, recurring, and challenging mental health issues such as:

- Anxiety
- OCD
- PTSD
- Depression

Now, the **opportunity** is yours to learn this powerful modality in a comprehensive online course from **CBT expert and author John Ludgate, PhD.** Dr. Ludgate is a Founding Fellow of the Academy of Cognitive Therapy and trained under Cognitive Therapy's founder **Dr. Aaron Beck** at the Center for Cognitive Therapy.

In this intensive online CBT training course, you'll be provided with a proven set of clinical tools and skills that can **enhance your practice** – from the basic CBT you might have learned early in your career to more advanced CBT techniques applied to a range of disorders.

CBT techniques can sometimes seem deceptively simple to apply but in actual clinical practice it requires demonstrable skills in three areas.

1. Conceptualizing client's presenting problems from a CBT perspective,
2. Selecting appropriate interventions consistent with the case formulation, and
3. Delivering these interventions and techniques systematically and with maximum effectiveness.

**This training will assist you in developing skills in all three areas.**

Dr. Ludgate will show how to overcome common obstacles frequently encountered in doing CBT with clients with different disorders.

- Improve your clients' therapeutic experience with CBT interventions that are consistently shown to be effective.
- Utilize a fresh set of clinical tools and skills that can improve your practice, and treatment outcomes.

### Speaker

**John Ludgate, Ph.D.,** is a licensed clinical psychologist who has worked as a psychotherapist for almost 30 years. He trained at the Center for Cognitive Therapy in Philadelphia under Dr. Aaron Beck, the founder of Cognitive Therapy, and is a Founding Fellow of the Academy of Cognitive Therapy. He subsequently became assistant director of training at Dr. Beck's Center. His current practice consists largely of treating clients referred with mood problems and/or anxiety conditions 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. In the early 1990's, 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.

He authored *Cognitive Behavioral Therapy and Relapse Prevention for Depression and Anxiety* (Professional Resources Press, 2009) and was co-editor with Wright, Thase and Beck of *Cognitive Therapy with Inpatients: Developing a Cognitive Milieu* (Guilford Press, 1993). His other books include *Overcoming Compassion Fatigue* (PESI, 2014 co-authored with Martha Teater and *The CBT Couples Toolbox* (PESI, 2018). 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.

#### Target Audience:

Psychologists, Psychiatrists, Counselors, Social Workers, Psychotherapists, Marriage and Family Therapists, Case Managers, Addiction Counselors, Other Mental Health Professionals

#### Live Webcast Schedule (both days) (Times listed in Central)

**8:00** Program begins

**11:50-1:00** Lunch Break

**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.



### Train Your Whole Organization

Purchase one  
full-price registration



Train **UNLIMITED** additional  
attendees for only  
**\$79.99 each!**

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE PAID  
EAU CLAIRE, WI  
PERMIT NO. 32729

PESI, Inc.  
P.O. Box 1000  
Eau Claire, WI 54702-1000

Join us online, for this 2-day live conference!

## 2-Day Advanced CBT Training

### Evidence-Based Interventions for Chronic Anxiety, OCD, Depression, Trauma and PTSD

#### LIVE Interactive Webcast

**Tuesday & Wednesday, November 24 & 25, 2020**

**BONUS!** – Registration includes FREE on-demand access for 3 months.



**REGISTER NOW: [pesi.com/webcast/83863](https://pesi.com/webcast/83863)**

Join us online, for this 2-day live conference!

## 2-Day Advanced CBT Training

### Evidence-Based Interventions for Chronic Anxiety, OCD, Depression, Trauma and PTSD

- Improve your clients' therapeutic experience with practical CBT interventions that are proven to WORK!
- Master a fresh set of clinical tools and skills that can transform your practice, and treatment outcomes.

#### LIVE Interactive Webcast

**Tuesday & Wednesday, November 24 & 25, 2020**

**BONUS!** – Registration includes FREE on-demand access for 3 months.



**REGISTER NOW: [pesi.com/webcast/83863](https://pesi.com/webcast/83863)**

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Outline

Cognitive Behavioral Therapy: Exploring the Model

Empirical support for CBT  
Limitations of the research and potential risks  
Evolution of CBT from its initial model to the expanded  
CBT’s influence on the development of other models (ACT, DBT, schema therapy)

Assessment and Treatment Planning Through the Lens of CBT

Cross-sectional  
Longitudinal conceptualization  
Issues in case formulation

Behavioral Interventions

Behavioral activation  
Graded assignments  
Pleasure scheduling  
Problem solving

Cognitive Interventions

Identifying core beliefs  
Eliciting negative thoughts  
Recognizing cognitive distortions  
Use of reframing

The CBT Session, Step-by-Step

Fostering the therapeutic alliance  
Collaboration  
Structure and agenda setting  
Feedback  
Guided discovery  
Homework

CBT with Depressive Disorders

Psychoeducation  
Transforming anhedonia, feelings of worthlessness, and low self-esteem  
Helping clients overcome low energy, fatigue  
Problem solving strategies to provide solutions to daily problems  
Relapse prevention  
Crisis intervention for active and passive suicidal ideation

CBT with Bipolar and Related Disorders

Psychoeducation  
Management of manic symptoms  
Mood rating and monitoring  
Identification of triggers and prodromal symptoms  
CBT for medication compliance  
Overcoming sleep disturbance

CBT for Anxiety Disorders

CBT’s role in managing anxiety and worry  
Reducing physiological effects of anxiety  
Disrupting rumination, anxiety spirals, and more

- Generalized Anxiety Disorder: cognitive and behavioral interventions
- Panic Disorder: Situational and interoceptive exposure
- OCD: Exposure and Response Prevention (ERP)
- PTSD: Prolonged Exposure (PE) and Cognitive Processing Therapy (CPT)
- Social Anxiety Disorder: Exposure and Cognitive Approaches

Special Issues

Multicultural consideration  
Interpersonal and family issues  
Other common issues in treatment delivery

Objectives

1. Articulate the underlying theory of cognitive behavioral therapy and describe the current state of the science regarding CBT.
2. Utilize CBT skills and rationale to foster the therapeutic alliance and enhance motivation for CBT.
3. Utilize a cross-sectional, cognitive behavioral conceptualization to assess presenting problems.
4. Choose cognitive interventions to modify dysfunctional thinking patterns and core beliefs.
5. Conceptualize cases from a cognitive-behavioral perspective to inform treatment planning.
6. Implement cognitive and behavioral techniques to alleviate generalized anxiety symptomology.
7. Utilize key behavioral activation strategies useful for alleviating treatment resistant depression.
8. Demonstrate cognitive and behavioral methods to address intrusive, obsessive compulsive thoughts.
9. Incorporate exposure and cognitive processing interventions used to treat PTSD.
10. Utilize exposure and cognitive approaches to reduce social anxiety.
11. Articulate the role of schemas in maintaining anxiety and depression disorders.
12. Identify and manage multicultural, interpersonal and family issues which may arise in cognitive behavioral treatment of anxiety and mood disorders.

**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits may be available), a certificate to attend another live webcast, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.

**Digital Seminar or DVD:** You can purchase a self-study package on the subject and 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. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.

**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 **Claire Zelasko** at [czelasko@pesi.com](mailto:czelasko@pesi.com) or call **715-855-8194**.



Online Learning Made Easy!

Join us on November 24 & 25, 2020, for this live, interactive webcast!

Connect, collaborate and learn with our online seminars! It’s easy, webcasts provide everything you need for an online educational experience including real-time video and audio, view slides on your computer screen, and the ability to ask your questions. Seminar materials are available for download. Bonus, registration includes 3 month access to the on-demand seminar for you to watch again!

It’s easy and convenient!

Register now! [pesi.com/webcast/83863](http://pesi.com/webcast/83863)

Train your whole organization

Purchase one full-price registration → train unlimited additional attendees for only \$79.99 each

- Watch and participate in real time
- One CE Certificate is included
- **BONUS!** Receive free on-demand access for 3 months with registration!

CE CREDIT AVAILABLE FOR WEBCAST – UP TO 12.5 HOURS!

This continuing education activity is designed to meet state board requirements for the following professionals. For specific credit approvals and details, visit [pesi.com/webcast/83863](http://pesi.com/webcast/83863).

**Counselors** – AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, HI, IA, ID, IL, IN, KS, MD, ME, MI, MO, MT, ND, NE, NH, NJ, NV, NY, OH, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

**Marriage and Family Therapists** – AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, IA, ID, IL, IN, KS, ME, MI, MO, MT, NC, NH, NJ, NM, NV, NY, OH, OR, PA, RI, SC, SD, TN, TX, UT, VA, VT, WY

**Nurses** – All States

National Approvals

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Additional participants can receive a CE certificate by adding a post-test evaluation to their account for \$79.99 USD. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation. Nurses in full attendance will earn 12.5 contact hours.



PESI, Inc. is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance. Course Level: Intermediate.



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, 2020 - January 27, 2023. Social Workers completing this course receive 12.5 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.

\*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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.

REGISTRATION FORM

2-DAY: ADVANCED CBT TRAINING: EVIDENCE-BASED INTERVENTIONS FOR CHRONIC ANXIETY, OCD, DEPRESSION, TRAUMA AND PTSD

**SAVE TIME! Express Register Online: [pesi.com/webcast/83863](http://pesi.com/webcast/83863)**

1

Please complete entire form if sending by mail

please print legibly

©2020



\*Email address \_\_\_\_\_  
**\*Email required to receive registration confirmation, CE certificate, and/or digital product.**

Name \_\_\_\_\_ Profession \_\_\_\_\_

Billing Address \_\_\_\_\_ ☐ Home ☐ Work

Company Name (if work address): \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\*Cell Ph ( ) \_\_\_\_\_ Work Ph ( ) \_\_\_\_\_

**\*Required for event updates**

2

Pick Your Training

(make copy for your records)



**Live Interactive Webcast**

**November 24 & 25, 2020**

**\$439.99** tuition\*

8am Central time

Includes:

Real-time Q&A with Speaker

Live CE Certificate

Downloadable Manual

**FREE BONUS:**

Replay On-demand Access for 90 Days Afterwards



**Digital Seminar**

**\$439.99\*\***

Includes:

Self-study CE Certificate

Lifetime On-demand Access

Downloadable Manual



**DVD**

**\$439.99\*\*\***

Includes:

Self-study CE Certificate

Lifetime Access

Downloadable Manual

ADA NEEDS

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

QUESTIONS

Visit [pesi.com/faq](http://pesi.com/faq) or contact us at [pesi.com/info](mailto:pesi.com/info)

OTHER WAYS TO REGISTER

Fax: 800-554-9775

Mail: PESI  
PO Box 1000  
Eau Claire, WI 54702-1000

Phone: 800-844-8260

Online: [pesi.com/webcast/83863](http://pesi.com/webcast/83863)

By placing this order you agree to continue to receive exclusive offers and resources from the best professionals in the world as outlined in our (PESI) privacy policy. Please visit [pesi.com/privacy](http://pesi.com/privacy) for more information.

Total \_\_\_\_\_  
Shipping - \$6.95 (DVD only) \_\_\_\_\_  
**Subtotal** \_\_\_\_\_  
Tax \_\_\_\_\_  
**TOTAL** \_\_\_\_\_

\* For webcasts, add applicable tax in HI, NM  
\*\*For digital seminars, add applicable tax in AL, AZ, AR, CO, CT, DC, HI, IN, IA, ID, KY, LA, ME, MN, MS, NE, NJ, NM, NY, NC, OH, PA, SD, TN, TX, UT, VT, WA, WI, WY.  
\*\*\*For DVD orders, add applicable tax except in AK, DE, MT, NH, OR  
CE hours and approvals on products may differ from live CE approvals.  
Additional CE participant prices may vary.

3

Select Payment Method

**All registrations must be prepaid.**

☐ Check enclosed payable to **PESI, Inc.**

☐ Purchase order enclosed (Fed ID # 26-3896894)

☐ MC 16 digits ☐ VISA 13-16 digits ☐ AE 15 digits ☐ Discover Novus 16 digits

Card # \_\_\_\_\_

Card Exp. \_\_\_\_\_ CVV#: \_\_\_\_\_

Signature \_\_\_\_\_

(\*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (\*American Express: 4-digit # above account # on face of card.)

PLEASE RETURN ENTIRE REGISTRATION FORM