

Join **David Burns, MD, anxiety and depression expert** and author of the *NY Times* Best-seller *Feeling Good*, which has sold more than five million copies worldwide.

Research indicates that most, if not all, current treatments for depression and anxiety are barely more effective than placebos. In most studies, fewer than half of patients experience even a 50% reduction in depression after treatment. Research also suggests that therapeutic failure nearly always results from **patient resistance that hasn't been skillfully addressed**.

Now in this all-new training based on his latest book *Feeling Great*, Dr. Burns dives deep into why clients seem to cling to feelings of depression and worthlessness and how to tackle the distorted thoughts and feelings that trigger their depression.

You'll learn about two different kinds of resistance that can exist within clients that hinder treatment, and how to **quickly eliminate resistance and open the door to ultra-rapid recovery**.

Prepare to **explore a revolutionary, paradoxical, and exciting new treatment** based on the premise that depression and anxiety do not result from what's wrong with you, but from what's right with you!

Discover how to:

- Accurately track changes in symptoms from the start to the end of every session
- Accurately track therapist empathy at every session
- Avoid the "reverse hypnosis" that sabotages treatment
- Distinguish between Outcome and Process Resistance, the two roadblocks to successful therapy
- Use the elements of the TEAM—T = testing, E = empathy, A = Assessment of resistance and M = Methods—to bring about high-speed change
- Quickly melt away client resistance
- Crush the negative thoughts that cause depression and anxiety
- Conquer your own feelings of insecurity and self-doubt and leave the workshop feeling great!

Don't miss this opportunity to learn from a master of rapid recovery approaches for depression!

SPEAKER

David Burns, M.D., is an adjunct clinical professor emeritus in the department of psychiatry and behavioral sciences at the Stanford University School of Medicine. His books *Feeling Good* and *the Feeling Good Handbook* have sold more than five million copies worldwide. His latest book, *Feeling Great: The Revolutionary New Treatment for Depression and Anxiety*, has just been released. It is for therapists as well as anyone who needs a little emotional tune-up!

Speaker Disclosures:

Financial: David Burns receives royalties from PESI, Inc.

Non-financial: David Burns has no relevant non-financial relationship to disclose.

Target Audience:

Counselors, Social Workers, Psychologists, Marriage & Family Therapists, Addiction Counselors, Nurses, Psychiatric Nurses, Other Mental Health Professionals



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New training based on the best-selling book!



DAVID D. BURNS, MD

Best-selling author of *Feeling Good* - and the new *Feeling Great*



- Crush the negative thoughts that cause depression!
- Eliminate resistance for rapid recovery
- Watch LIVE DEMONSTRATIONS of David's revolutionary approach!

LIVE INTERACTIVE WEBCAST Friday, November 20, 2020

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OUTLINE

First segment: Resistance Revisited

Why does therapy fail?
 What is TEAM Therapy?
 The eight most common forms of resistance

- depression
- anxiety
- relationship problems
- habits and addictions

What happens when you ignore resistance?
 What happens when you address resistance?

Second segment: The Anatomy of a Miracle

Karen tells her story: "I'm a failure as a mother."
 • video clips illustrating symptom severity at the start and end of the session

How to melt away resistance

- Invitation
- Magic Button
- Positive Reframing
- Pivot Question
- Magic Dial

Third Segment: How to Trigger Rapid Change at the Gut Level

How to crush negative thoughts

- Video clips illustrating
 - Explain the distortions
 - Externalization of Voices
 - Self-Defense vs. Acceptance Paradox
 - Survey Technique

Your questions

- Were these changes real?
- Will they last?
- Is rapid recovery rare?

Fourth Segment: Healing yourself

The negative thoughts of therapists
 Positive Reframing
 Externalization of Voices

- Self-Defense Paradigm
- Acceptance Paradox
- Counter-Attack Technique (CAT)

Live demonstration with audience volunteers

Fifth Segment: Process Resistance

How to address process resistance for depression

- Dangling the Carrot
- Gentle Ultimatum
- Sitting with Open Hands
- Fallback position

Live demonstration with two audience volunteers

- Questions:
 - What to do when the patient says "I'll try"
 - What to do when your patient "fails" / "forgets" to do psychotherapy homework
 - Therapist resistance

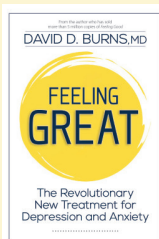
Sixth Segment

Bibliotherapy: Does it really make a difference?
 How to improve your clinical results
 From Feeling Good to Feeling Great!
 Q and A

Questions?

Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info

Order your hardcover copy of David Burns' new book!



Feeling Great

The Revolutionary New Treatment for Depression and Anxiety

By: David D. Burns, MD

From the author who has sold more than 5 million copies of *Feeling Good: The New Mood Therapy* comes a new and revolutionary high-speed treatment for depression and anxiety.

Based on 40 years of research and more than 40,000 hours treating individuals with severe mood problems. The goal is not just a rapid and complete elimination of negative feelings, but the development of joy and enlightenment.

In *Feeling Great*, Dr. David Burns reveals that our negative moods do not result from what's wrong with us, but rather -- what's right with us. And when you listen and suddenly "hear" what your negative thoughts and feelings are trying to tell you, suddenly you won't need them anymore, and recovery will be just a stone's throw away.

Dr. Burns will provide you with inspiring and mind-blowing case studies along with more than 50 amazing tools to crush the negative thoughts that rob you of happiness and self-esteem.



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OBJECTIVES

1. Assess and accurately track changes in symptoms from the start to the end of every session.
2. Assess and track therapist empathy at every session.
3. Analyze the "reverse hypnosis" phenomenon that interrupts treatment progress.
4. Distinguish between outcome and process resistance.
5. Utilize the elements of TEAM CBT model for depression.
6. Devise a plan for addressing client resistance.
7. Apply cognitive techniques for working with negative thoughts that drive depression.
8. Demonstrate the effective use of exposure-based interventions on depression.

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To inquire about credit in other states or home study credit, please contact cepesi@pesi.com or 800-844-8260 before the event.



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\$26.99*** *Feeling Great* hardcover book (PUB086345)

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QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

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