

Outline

**Cognitive Behavioral Therapy: Overview and Next-level Assessment**  
CBT model & most practiced techniques  
When is deeper CBT work needed?  
Setting-up and structuring sessions  
Debunking CBT myths  
Latest CBT research

**Advanced CBT Interventions**  
Advanced core beliefs and schemas  
Clinical questionnaires: Identifying core beliefs and schemas  
Cognitive continuum for irrational beliefs  
“Pac man model” for developing adaptive beliefs and habits  
Overcoming compensatory strategies (avoidance, control, etc.)  
The “Downward Arrow Technique” for negative core beliefs  
The “Upward Arrow Technique” for positive core beliefs  
Strengths work for lasting change  
Transcending schemas questionnaire  
Schema flash cards for connecting schemas  
Re-framing core beliefs worksheet  
*Case Study:* A father with deeply rooted self-criticism

**Advanced Experiential Techniques**  
Behavioral experiments  
Role plays and Gestalt-based techniques  
Imagery dialogues with experiences in early development  
Adaptive belief systems  
EMDR-rooted approaches  
*Case Study:* A woman suffering from severe anxiety. Exposure therapy is not working

Objectives

1. Develop comprehensive conceptualization of client’s presenting problems based on the cognitive model.
2. Apply and integrate the cognitive conceptualization diagram collaboratively into treatment sessions.
3. Utilize evidence-based techniques to uncover and label clients underlying negative core beliefs and conditional assumptions.
4. Implement a variety of cognitive and behavioral strategies to modify underlying core beliefs, rules, and assumptions to improve treatment outcomes.
5. Execute strategies to identify, develop, and strengthen positive core beliefs in clients.
6. Employ experiential interventions such as imagery, chair technique, and role-plays to create long-lasting emotional change to improve client outcomes.

**Collaborative Case Conceptualization—the “Road Map” to Treatment**  
Clinical outcomes of collaborative case conceptualization  
Judy Beck’s Cognitive Conceptualization Diagram  
When and how to share case conceptualization with clients  
Guidelines for developing conceptualization  
Guidelines for collaborative conceptualization  
*Case Study:* Young adult struggling with rejection sensitivity

**Special Issues**  
Limitations & scope of practice  
Overcoming reasons people don’t change  
Overcoming fear of new perspectives

**Live Webinar Schedule**  
*(Times listed in Central)*

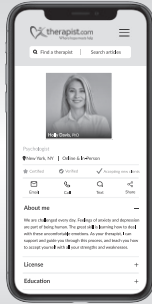
**8:00** Program begins  
**11:50-1:00** Lunch Break  
**4:00** Program ends

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.

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Featuring CBT Expert  
**Matis Miller, LCSW, ACT, DBT-LBC**

- Integrated CBT approaches for embodied change
- More targeted treatment plans with enhanced conceptualization techniques
- Answers for when your CBT interventions fall short

LIVE Interactive Webinar  
Thursday, May 11, 2023

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# Advanced Experiential CBT Techniques

## Enhanced Conceptualization & Body-Based Techniques

“I understand the logic, but I just don’t feel the change.”

Clients struggle with CBT when it can feel like it does not fully capture how deeply rooted their suffering can be.

This training will teach you next-level case conceptualization and body-based approaches so you can....

...develop **more targeted treatment plans** and watch **clients embody the change worked on in therapy**.

*Move beyond problematic schemas!*

...and help clients form **new belief structures to breakthrough rigid and destructive habits**.

*Move beyond problematic thoughts!*

...and implement body-based techniques that **help clients feel in charge of their minds and emotions**.

Best of all, the learning will be fun and easy—including use of case studies, activities, visual tools, and experiential exercises.

If you want to take your CBT to the next level, register now!

### What your colleagues are saying about Matis Miller!

★★★★★

“This was one of the best webinars that I have ever attended with PESI!”

— Kathleen S., Counselor

★★★★★

“Very knowledgeable presenter!”

— Christina R., Social Worker

★★★★★

“I loved the role play, experimental exercises, and relevance to clients.”

— Y. D.



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## Meet Your Speaker



**Matis Miller, LCSW, ACT, DBT-LBC**, is a licensed clinical social worker and certified cognitive behavioral therapist with 18 years of experience specializing in severe emotional and personality disorders, complex PTSD, anxiety in teens and adults, and parent training. He is the founder, director, and supervisor of the Center for Cognitive & Behavioral Therapy of New Jersey.

Matis’ impressive educational and training background includes certification in CBT from the Academy of Cognitive Therapy and the Beck Institute for Cognitive Behavioral Therapy, certification from the DBT-Linehan Board of Certification in Dialectical Behavioral Therapy, and is EMDR trained.

Matis’ experience in CBT, DBT, and schema therapy compelled him to found the Center and select the finest therapists to complete his team. He is a seasoned lecturer on CBT- and DBT-related topics, addressing parents, clients, and professionals, and is focused primarily on supervision, education, and consultations. Matis is the author of the popular book, *The Uncontrollable Child: Understand and Manage Your Child’s Disruptive Moods with Dialectical Behavior Skills* (New Harbinger Publications, 2021).

**Speaker Disclosures:**  
Financial: Matis Miller has an employment relationship with The Center for CBT of NJ. He receives royalties as a published author. Matis Miller receives a speaking honorarium and recording royalties from PESI, Inc. He has no relevant financial relationships with ineligible organizations.  
Non-financial: Matis Miller has no relevant non-financial relationships.

### Target Audience:

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

### CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Marriage and Family Therapists, Physicians, Psychologists, and Social Workers.**

For specific credit approvals, details, and planning committee disclosures, please see the “credit approvals and details” URL below. For speaker disclosures, please see speaker bios.

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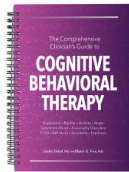
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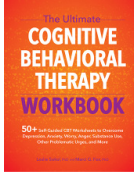


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