

Outline

Clinical Applications of CBT Skills

Anxiety Disorders
 Depression
 Anger Management
 Trauma and PTSD
 Eating Disorders
 Alcohol and Drug Addiction

Cognitive Therapy Strategies and Skills

Challenge Automatic Thoughts
 The CBT Thought Record
 Guided Discovery and Socratic Questioning
 Setting Goals and Monitoring Progress
 Label Cognitive Distortions
 Thought Stopping Techniques
 Feel Better with the ABC Technique
 Reduce Worry: Consider the Odds
 Increasing Positive Self-Talk
 Schedule Worries
 Strengthen Positive Core Beliefs

Behavior Therapy Strategies and Skills

Techniques for Behavior Change
 Problem Solving Skills
 Increase Positive Coping Skills
 Behavioral Activation
 Act More Assertive
 Social Skills Training

Small Step Success Therapy
 Relaxation and Breathing Training
 Gradual Exposure to Feared Situations
 Anger Management Strategies
 Increase Self-Esteem
 Mindfulness

Motivational Interviewing Strategies and Skills

4 Guiding Principles
 Personal Strengths and Supports
 Stages of Change
 Decisional Balance Worksheets
 Discussing the Pros & Cons
 Preparing a Change Plan
 Identify Personal Values
 Providing Personalized Feedback

Emotional Regulation Strategies and Skills

Identify and Label Feelings
 Identify Situations that Trigger Feelings
 Feeling Better Strategies Worksheet
 Grounding & Self-Soothing Strategies
 Coping with Frustration
 Emotional Regulation Skills

Seminar on CD or DVD Package:

You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. 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 or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

Live Seminar Schedule:

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (*on your own*)
4:00 Program ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

Objectives

1. Apply and integrate evidence-based techniques from cognitive-behavioral therapies.
2. Identify motivational interviewing strategies to build rapport and engage challenging clients.
3. Describe behavioral therapy techniques to modify and change maladaptive behaviors.
4. Utilize more effective goal setting and problem solving strategies with clients.
5. Describe key behavioral activation and exposure strategies used in behavior therapies.
6. Summarize 4 key cognitive-behavior therapy questions to use with all clients.
7. Recognize, challenge and modify negative self-talk, thoughts, assumptions and core beliefs.
8. Describe cognitive and behavioral interventions for clients who are depressed and anxious.
9. Identify practical exercises and worksheets to help implement CBT into clinical practice.



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CBT

Cognitive Behavioral Therapy Techniques
 for Everyday Clinical Practice

Featuring
Galen Cole, Ph.D., MPH, LPC, WCP

- New Cognitive Behavioral Approaches
- Apply CBT Skills to Anxiety, Depression, Anger, Trauma, PTSD and More
- Top Strategies for Emotional Regulation
- Best of Motivational Interviewing and Motivational Enhancement

POUGHKEEPSIE, NY
 Wednesday, January 25, 2017

ROCKY HILL, CT
 Thursday, January 26, 2017

ALBANY, NY
 Friday, January 27, 2017

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Non-Profit Organization serving the educational needs of mental health professionals since 1979.

CBT

Cognitive Behavioral Therapy Techniques for Everyday Clinical Practice

This exciting, multi-media workshop is both relevant and immediately applicable to anyone who is anxious to learn how to integrate CBT into their clinical practice. This is because the material and CBT tools and techniques presented here are fully integrated into what a CBT practitioner typically does during the initial intake session (i.e., how to introduce it to clients) and, a number of follow-up sessions. In other words, if you attend this workshop you will go away with a clear understanding of what CBT is and, the ability, along with the relevant protocols and tools required to readily apply it in a clinical settings the day after the workshop.

Join expert Galen Cole, Ph.D., MPH, LPC, WCP for a day chock-full of practical Cognitive Behavioral Therapy techniques, focusing on how to treat clients by challenging and replacing automatic negative thoughts, core beliefs and self-defeating behaviors. Case studies, interactive discussions, role plays, handouts and worksheets will be utilized in this enjoyable seminar that features cutting-edge skills to improve and enhance your understanding of CBT -- and help your clients live more enjoyable and worthwhile lives.

Apply CBT Skills To Treat

- Anxiety
- Depression
- Anger Management
- Eating Disorders
- Trauma
- PTSD

Speaker

Galen Cole, Ph.D., MPH, LPC, WCP, is a master of public health, licensed counselor, an internationally certified psychotherapist, and a nationally certified clinical hypnotherapist. Dr. Cole has mastered contemporary cognitive reappraisal techniques, including Trauma-Focussed Cognitive Behavioral Therapy (TF-CBT). This is evidenced by his burgeoning private practice (www.galencole.com) where he consistently applies evidence-based TF-CBT interventions to treat adult clients with a history of trauma, mood problems and anxiety conditions. His expertise in CBT is also evident in a number of his books, including his most recent work titled *True Psychology: The Science of Building Psychological Resilience*, where he carefully explains how CBT can be applied in ways that rapidly resolve trauma, and effectively treat the etiology of mood disorder and anxiety conditions. What's perhaps most relevant here concerning Dr Cole's expertise in CBT is his research and expertise in psychoeducation. His expertise in this area makes this multi-media workshop both exciting, and immediately relevant to anyone who is anxious to understand how to effectively apply CBT in a clinical setting. In addition to his clinical practice, Dr. Cole has served in a number of 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 Disclosures:

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.

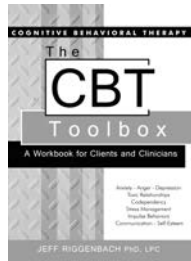
Target Audience: Psychologists • Counselors • Social Workers • Psychotherapists • Case Managers
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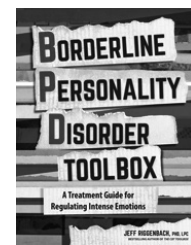
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***SAVE by including these products with seminar registration!**



The CBT Toolbox
A Workbook for Clients and Clinicians
By Jeff Rigenbach, Ph.D., LPC

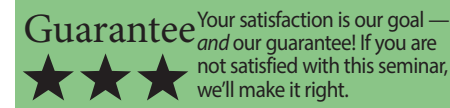
Cognitive Behavior Therapy (CBT) is the most empirically supported form of treatment for a broad range of psychological problems. The CBT Toolbox is not a "one strategy fits all" book or approaches. Rather, you will receive exercises that integrate research with practical application for specific symptom sets with the necessary depth to create meaningful change.



Borderline Personality Disorder Toolbox
A Practical Evidence-Based Guide to Regulating Intense Emotions
By Jeff Rigenbach, Ph.D., LPC

Drawing from a variety of evidence-based approaches, the Borderline Personality Disorder Toolbox is a real-world self-help workbook. Escaping generalizations and stereotypes, this complete guide is filled with practical explanations, along with over 100 worksheets and activities to improve behavior.

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Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), 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.

Information obtained in this course should be used within your scope of practice. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDITIONAL COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 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.

CONNECTICUT ADDICTION COUNSELORS: Provider #120924. This course has been approved as a CCB approved training and has been awarded 6.0 hours by the Connecticut Certification Board.

NEW YORK ADDICTION PROFESSIONALS: This course has been submitted to OASAS for review.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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VERMONT COUNSELORS: This course has been submitted to the Board of Allied Mental Health Practitioners (BAMHP) for review.

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This activity qualifies for 6.25 contact hours.

PSYCHOLOGISTS: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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NEW YORK SOCIAL WORKERS: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Social Work as an approved provider of continuing education for licensed social workers #0008. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

VERMONT SOCIAL WORKERS: Please contact our customer service department for the most current information.

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ADA needs:

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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.

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