Cognitive Behavioral Therapy Certificate Course

3-Day Intensive Training

Join in for this breakthrough Cognitive Behavioral Therapy (CBT) Certificate Course to develop core competencies and transform your skills to achieve better therapeutic outcomes, even with your most challenging clients!

You will be able to utilize concrete strategies that will provide greater healing for your clients who suffer from:

- Mood disorders
- Anger
- Anxiety disorders
- PTSD
- Substance abuse
- Personality disorders
- Suicidality
- And many more challenging clients!

You'll get effective clinical techniques from Dr. John Ludgate, trained at the Beck Institute of Cognitive Therapy. He will teach you how to master the art of applying CBT to a variety of clinical populations. Join him for this revolutionary experience as he reveals the latest advances in CBT to get the skills you need to succeed!

Through case studies, interactive discussions, role-plays, and reproducible handouts, you will take away practical CBT strategies to use immediately with any client. Leave this certificate course armed with tools you can use in your very next session.

Don't miss out –register now to reserve your seat!

Certificate of completion will be awarded at the end of the training.

Outline

Master the Core Skills and Competencies of CBT

Foundations in CBT

Evolution of Cognitive Behavioral Therapies Neurobiological Findings Outcome Studies

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

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 DisordersModifying 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



Shame Shields

Brené Brown, Ph.D.

1 CE HOUR







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Cognitive

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January 24-26, 2018

Cognitive
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The Ultimate Intensive 3-Day Skills Training on CBT!

Featuring, John Ludgate, Ph.D., LPC

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



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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
- 16. Utilize schema-based strategies for breaking lifelong destructive behavioral
- 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.

Target Audience:

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

Have a seminar idea? A manuscript to publish?

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Group Discounts Available! Call 800-844-8260

Bio-

John Ludgate, Ph.D., LPC, is a licensed clinical psychologist who has worked as a psychotherapist for almost 30 years. He is a Founding Fellow of the Academy of Cognitive Therapy. His practice, which involves work in both a private practice and in an outpatient psychiatric center, consists largely of treating clients referred with mood problems and/or anxiety conditions. He is currently working 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. He trained at the Center for Cognitive Therapy in Philadelphia under Dr. Aaron Beck, the founder of Cognitive Therapy, obtaining a Post-Doctoral Fellowship in Cognitive Therapy from the University of Pennsylvania in 1986. He subsequently became assistant director of training at Dr. Beck's Center.

In the early 1990s, 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. In 2009 he authored Cognitive Behavioral Therapy and Relapse Prevention for Depression and Anxiety published by Professional Resources Press and was co-editor with Wright, Thase and Beck of Cognitive Therapy with Inpatients: Developing a Cognitive Milieu published by Guilford Press in 1993. His newest book is Overcoming Compassion Fatigue, co-authored with Martha Teater, and was published by PESI Publishing & Media in 2014. 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.

Seminar Schedule (each day)

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.

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Overcoming Compassion Fatigue

A Practical Resilience Workbook

By Martha Teater, MA, LMFT, LPC, LCAS and John Ludgate, PhD - Your Speaker!

A fresh workbook approach to equip you with practical tools to manage your work and minimize your risk of personal harm. Expertly weaved with personal experiences, assessment tools, proven interventions, and prevention strategies. Filled with worksheets, exercises, checklists and assessments.

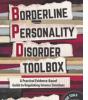


The CBT Toolbox

A Workbook for Clients and Clinicians

By Jeff Riggenbach, Ph.D., LPC

Theoretically sound, yet practical and easy to use, this resource guides you through evidence based exercises. Not a "one strategy fits all" book or approach; it integrates research with practical application and exercises. Tools for depression, anxiety, impulsive and destructive behaviors, problem solving, toxic relationships, stress management and more.



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Borderline Personality Disorder Toolbox

A Practical Evidence-Based Guide to Regulating Intense Emotions

By Jeff Riggenbach, Ph.D., LPC

Drawing from a variety of evidence-based approaches, the Borderline Personality Disorder Toolbox is a eal-world self-help workbook. Escaping generalizations and stereotypes, this complete guide is filled vith practical explanations, along with over 100 worksheets and activities to improve behavior. - Take control of your emotions before they take control of you.

The Expanded Dialectical Behavior Therapy Skills Training Manual, 2nd Edition DBT for Self-Help and Individual & Group Treatment Settings

By Lane Pederson, Psy.D., LP, DBTC & Cortney Pederson, MSW, LICSW, DBTC

Beyond updates to the classic skills modules, clients and therapists will be enriched by added modules that include dialectics, cognitive modification, problem-solving, and building routines as well as all-new, much-needed modules on addictions and social media. Straightforward explanations and useful worksheets make skills learning and practice accessible and practical for both groups and individuals.

More info and resources at www.pesi.com

Certificate Course Continuing Education Credit Information for entire training

Certificate of completion will be awarded at the end of the training.

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed Leans isseed below are for full attendance at the live event only. Lettincides of Completion dre 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 (walk-ins), and are in full attendance, a certificate of completion for full C reflet will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certifica of completion reflecting partial credit will be issued within 30 days (flay urb 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 educatio requirements and check for reciprocal approval. For other credit inquiries not specified below, or question study credit availability, please contact cepesigoesic orn 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the a

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 ogramming. Full attendance is required; no partial credit will be awarded for

COUNSELORS: This intermediate activity consists of 19.0 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.

INDIANA COUNSELORS: This intermediate activity is approved for 19.0 clock hours of continuing education instruction. Indiana Professional Licensing Agency. Behavioral Health and Human Services Licensing Board recognizes courses and providers that are approved by the American Psychological Association, ASWB or NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation to submit to their state board.

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 requirement

NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This activity meets the criteria for a American Nurses Credentialing Center (ANCC) Activity PESI, Inc, is an approved provider by the American Psychological Association which is recognized by the ANCC for behavioral health related activities

This activity qualifies for 19.0 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 19.0 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association o Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program, ASWB Approval Period: January 27, 2017 - January 27, 2020, Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 19.0 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation

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.

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Dept. at 800-844-8260

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Advance registration required

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\$90 Tuition: If you are interested in being our registration

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Go to www.pesi.com/students or call 800-844-8260 for details

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Groups of 5 or more: Call 800-844-8260 for discounts.

please call at least two weeks prior to the seminar date.

Call M-F 7:00-6:00 Central Time for space availability if

registering within one week of seminar.

ADD-ON PRODUCTS Distributed at seminar—FREE SHIPPING \$29.99* Overcoming Compassion Fatigue workbook

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TUITION WITH SEMINAR MANUAL

■ \$28.95* The CBT Toolbox workbook ■ \$29.99* Borderline Personality Disorder Toolbox book

for two or more people registering together.

■ Standard Tuition \$599.99 per person

\$549.99 per person (postmarked 3 weeks prior to event) -or-

\$29.99* The Expanded DBT Skills Training Manual, 2nd

*Attendees add applicable state and local taxes except in AK, DE, MT. NH. OF

4 Indicate method of payment: ALL REGISTRATIONS MUST BE PREPAID.

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Cognitive Behavioral Therapy Intensive Training Certificate Course Seminar on DVD* (video) \$499.99 (RNV048940)

Seminar on CD* (audio) \$469.99 (RNA048940) Overcoming Compassion Fatigue workbook* \$29.99 (PUB082840)

The CBT Toolbox workbook* \$28.95 (PUB045105)

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Borderline Personality Disorder Toolbox book* \$29.99 (PUB084425) The Expanded DBT Skills Training Manual, 2nd Edition* \$29.99

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