

# 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.**

Questions? Call customer service at **800-844-8260**

## 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  
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  
Interceptive 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 Disorders

Modifying 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


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Cognitive Behavioral Therapy Certificate Course

3-Day Intensive Training

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

**PITTSBURGH, PA**  
Wednesday - Friday  
January 10-12, 2018

Earn your  
**CERTIFICATE**  
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Featuring, John Ludgate, Ph.D., LPC

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

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 Hillary Jenness at [hjenness@pesi.com](mailto:hjenness@pesi.com) or call (715) 855-6374.

## 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

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**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$90 cancel fee. Substitutions are permitted at any time.

## Save by including these products with registration!

### 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 Rigenbach, 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.

### 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. - 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 additions 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](http://www.pesi.com)

## Certificate Course Continuing Education Credit Information for entire training

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.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [ce@pesi.com](mailto:ce@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. 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 professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

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

**OHIO CHEMICAL DEPENDENCY PROFESSIONALS:** This course has been submitted to the Ohio Chemical Dependency Professionals Board for review. Please contact PESI, Inc. for the most current information.

**PENNSYLVANIA ADDICTION COUNSELORS:** This course has been reviewed and approved for by the Pennsylvania Certification Board. This course will award 19.0 PCB Approved Hours of Education. (Valid for PA locations only)

**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.

**WEST VIRGINIA COUNSELORS:** PESI, Inc. has been approved as a continuing education provider through the West Virginia Board of Examiners in Counseling. Provider #: WVBECE-558. This course qualifies for 19.0 continuing education credits.

**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 requirements.

**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 of Social Work Boards (ASWB), [www.aswb.org](http://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.

**OHIO SOCIAL WORKERS/COUNSELORS/MARRIAGE & FAMILY THERAPISTS:** PESI, Inc. is an approved provider with the State of Ohio Counselor, Social Worker and Marriage & Family Therapist Board. Provider approval #RCST071001. Full attendance at this course meets the qualifications for 19.0 clock hours of continuing education credit.

**PENNSYLVANIA SOCIAL WORKERS, MARRIAGE & FAMILY THERAPISTS AND PROFESSIONAL COUNSELORS:** The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors will recognize and accept continuing education programs that are sponsored by providers approved by the American Psychological Association and the ASWB. This course will qualify for 19.0 credits. Full attendance is required, variable credits may not be awarded per the Pennsylvania State Board.

**WEST VIRGINIA SOCIAL WORKERS:** The West Virginia Board of Social Work Examiners can only approve programs held in the state of West Virginia. This course does not qualify for West Virginia social work credits. You will still receive a certificate of completion at the end of the seminar to retain for your records.

**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.

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

## How to Register Cognitive Behavioral Therapy Certificate Course: 3-Day Intensive Training

QUESTIONS? Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

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## 2 Check Attendance Option (make copy for your records)

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## 3 Check Tuition:

### TUITION WITH SEMINAR MANUAL

- ☐ **Early Bird Tuition**  
**\$549.99** per person (postmarked 3 weeks prior to event) - or -  
for two or more people registering together.
- ☐ **Standard Tuition \$599.99** per person

### ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

- ☐ **\$29.99\*** *Overcoming Compassion Fatigue* workbook
- ☐ **\$28.95\*** *The CBT Toolbox* workbook
- ☐ **\$29.99\*** *Borderline Personality Disorder Toolbox* book
- ☐ **\$29.99\*** *The Expanded DBT Skills Training Manual, 2nd Edition* book

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

## 4 Indicate method of payment:

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See below for individual product orders

### 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)

\_\_\_ *Borderline Personality Disorder Toolbox* book\* \$29.99 (PUB084425)

\_\_\_ *The Expanded DBT Skills Training Manual, 2nd Edition*\* \$29.99 (PUB084840)

\*Shipping is \$6.95 first item  
+ \$2.00 each add'l item.

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