

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, a Founding Fellow of the Academy of Cognitive Therapy, and trained at the Center for Cognitive Therapy in Philadelphia under Cognitive Therapy's founder Dr. Aaron Beck. 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!



The Ultimate Intensive 3-Day Skills Training on CBT!

Outline

Master the Core Skills and Competencies of CBT

Foundations in CBT

Evolution of Cognitive Behavioral Therapies
Neurobiological Findings
Outcome Studies
Limitations of the Research and Potential Risks

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
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 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

FREE Worksheets



Free Gratitude, Mindfulness & Optimism Worksheets

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Cognitive Behavioral Therapy Certificate Course

3-Day Intensive Training

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Today!

The Ultimate Intensive 3-Day Skills Training on CBT!

LIVONIA, MI

Wednesday - Friday
October 9-11, 2019

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Cognitive Behavioral Therapy Certificate Course

3-Day Intensive Training

The Ultimate Intensive 3-Day Skills Training on CBT!

Featuring, John Ludgate, Ph.D.

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

Earn your

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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

Seminar on DVD or CD 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.

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Group Discounts Available! Call 800-844-8260

Bio

John Ludgate, Ph.D., 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.

Live Course Schedule (All Three Days)

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (on your own)
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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The CBT Couples Toolbox

Over 45 Exercises to Improve Communication, Navigate Problems and Build Strong Relationships

By John Ludgate, PhD - **Your Speaker!** and Tereza Grubr, MA, LPCA

Grounded in Cognitive Behavioral Therapy strategies, along with the best interventions from Dialectical Behavioral Therapy, Mindfulness and Positive Psychology, this will be your powerful go-to resource for guiding couples through challenges, obstacles and opportunities. Filled with 45 unique exercises, assessments, treatment plans and homework to diagnose, tackle specific issues, and keep the therapy moving forward.



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.



Cognitive Behavioral Therapy & Mindfulness Toolbox

50 Tips, Tools and Handouts for Anxiety, Stress, Depression, Personality and Mood Disorders

By Richard Sears, PsyD, MBA, ABPP

Clinical psychologist and mindfulness expert Dr. Richard Sears has created a practical, engaging skills manual that clearly defines the principles of CBT and then demonstrates steps for integrating mindfulness practices into therapy – all drawing from the latest research. Straight-forward explanations and dozens of worksheets provide fresh insights and new tools to move therapy forward when treating stress, anxiety, panic, depression, pain, trauma, addictions, and other issues.

More info and resources at www.pesi.com

Certificate Course Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, “Evaluation and Certificate” within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see “LIVE SEMINAR SCHEDULE” on this brochure 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 cepesi@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 profession's standards.

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

ADDITION 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.

MICHIGAN ADDICTION COUNSELORS: This course has been submitted to the Michigan Certification Board for Addiction Professionals (MCBAP). Credit is pending.

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.

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.

NURSES, NURSE PRACTITIONERS, AND CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

Nurses in full attendance will earn 19.0 contact hours. Partial contact hours will be awarded for partial attendance.

SOCIAL WORKERS: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 19.0 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. 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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Cognitive Behavioral Therapy Certificate Course:
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ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

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.

TUITION OPTIONS

• **FREE Military Tuition:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

• **\$90 Tuition:** If you are interested in being our registration coordinator for all three days, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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☐ **\$29.99* Overcoming Compassion Fatigue** workbook

☐ **\$29.99* Cognitive Behavioral Therapy & Mindfulness Toolbox** book

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