

Practicing Cognitive-Behavioral Therapy

A series of six one-day workshops

**New
Format!**

**The same training as our 6-month Intensive
Training,**

Without the 6-Month Commitment!

**Attend The One That Interests You Most, Or
Attend All Six**

COGNITIVE-BEHAVIOR THERAPY TRAINING SERIES

July '11 Trainings/Dates

September '11 Trainings/

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| Wednesday July 6th CBT Conceptualization and Interventions |
| This workshop will describe the CBT model, identify key characteristics of this approach and provide a detailed account of how to formulate case conceptualizations from a CBT perspective, as well as an overview of effective interventions |

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| Wednesday Sept. 28th CBT with Personality disorders |
| This workshop will provide a cognitive model of personality disorder. Specific personality disorders will be conceptualized from a cognitive perspective and cognitive behavioral interventions will be described for each with particular attention being given to the cognitive- behavioral treatment of borderline personality disorder. |

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| Thursday July 7th CBT For Mood Disorders |
| This workshop will describe the cognitive model of mood disturbance and outline CBT Interventions for major depression, bipolar disorder, chronic depression and depression in children. |

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| Thursday Sept 29th CBT for substance misuse/abuse |
| This workshop will outline a cognitive behavioral model of substance abuse/ misuse and demonstrate in some detail cognitive and behavioral strategies for these problems . The workshop will also focus on relapse prevention and on CBT approaches to assisted medication (benzodiazepine and narcotic) withdrawal. |

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| Friday July 8th CBT For Anxiety Disorders |
| This workshop will outline a cognitive model of anxiety and specific models related to discrete anxiety disorders such as GAD, Panic Disorder and OCD. CBT interventions for these disorders will be described and demonstrated. Adaptations for treating anxious children will also be outlined. |

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| Friday Sept 30th CBT with Children and Adolescents |
| This workshop will outline general adaptations in CBT practice for working with children and adolescents, provide a description of cognitive behavioral conceptualization and interventions with depressed and anxious children and also focus on using CBT with behavioral problems presenting in children and adolescents with Conduct Disorder, Oppositional Defiant Disorder and ADHD. |

Cost

| Quantity | Date | Description | Unit Price | Total |
|----------|----------------|---|-------------|-------|
| | Wed, July. 6 | CBT Conceptualization and Interventions | \$175 | |
| | Thurs, July 7 | CBT For Mood Disorders | \$175 | |
| | Fri, July 8 | CBT For Anxiety Disorders | \$175 | |
| | Wed, Sept. 28 | CBT With Personality Disorders | \$175 | |
| | Thurs, Sept 29 | CBT For Substance Misuse/Abuse | \$175 | |
| | Fri, Sept 30 | CBT With Children and Adolescents | \$175 | |
| | All six dates | Discount For Attending All Six Workshop Dates | \$950 | |
| | | | Subtotal | |
| | | | Balance Due | |

TRAINERS

Trent Codd, Ed.S., is President of the CBT Center of WNC, PA, a licensed professional counselor, licensed clinical addictions specialist and an experienced psychotherapist, who treats anxiety, mood, personality and substance use disorders with CBT. He has completed training at the Beck Institute for Cognitive Therapy and Research and in Acceptance and Commitment Therapy with Steve C. Hayes & Colleagues. He is a Certified Affiliate of the Academy of Cognitive Therapy and has provided training in CBT for many years locally and nationally.

John Ludgate, PhD is a licensed clinical psychologist, who has worked as a psychotherapist for almost 30 years. He specializes in treating mood, anxiety, and psychosexual disorders. He trained at the Center for Cognitive Therapy 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 1990's, 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.

CLINICAL SUPERVISION

Clinical supervision is NOT included in any part of this series. If you're interested in receiving clinical supervision for your CBT practice, please contact Dr. Ludgate to make arrangements at jludgate@behaviortherapist.com.

Location

Each training will take place at the Renaissance Hotel Asheville, 31 Woodfin Street, Asheville NC 28801.

Lodging will be available at the Renaissance Hotel Asheville; please mention this workshop when making your reservation. Telephone: 828-253-8759

Accommodations can also be reserved at the Four Points Sheraton (Tel: 828-253-1851) which is more moderately priced .

WHAT OTHERS ARE SAYING ABOUT OUR TRAININGS

- "Very knowledgeable presenters"
- "Interesting presentation, very clear, helpful handouts"
- "Like how it is broken up"
- "...would recommend their trainings to colleagues."

FURTHER INFORMATION: To receive more information on these trainings please e-mail John Ludgate, PhD, Director of Clinical Training, at

jludgate@behaviortherapist.com

or call :
828.350.1177