

**INTENSIVE TRAINING IN
COGNITIVE-BEHAVIOR THERAPY**

**Intensive six month training program in CBT for
clinicians working in mental health and related fields.**

Cognitive –Behavioral Therapy Center of WNC, PA is taking applications for the next intensive, six-month training program in CBT. This program is designed for clinicians working in mental health and related fields.

**This program begins:
January 2012**

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Why This Course?

Upon successful completion of the course trainees will be awarded a certificate of completion and will have fulfilled all of the educational requirements to enable them to apply for membership in the Academy of Cognitive Therapy. The Academy is the only organization that certifies competence, not just training.

Membership in the Academy involves Certification and Credentialing in Cognitive Therapy and confers the following advantages:

- ◆ inclusion in a list of certified cognitive therapists.
- ◆ inclusion in a national referral database.
- ◆ promotion and favorable consideration by insurers and managed care panels.
- ◆ participation in continuing education programs sponsored by the Academy.
- ◆ participation in listserv discussions hosted by the Academy.

Please note: Completion of this intensive training program does not guarantee certification by the Academy. However, it has been designed to meet all the criteria established for credentialing. The CBT training faculty will assist at all stages in the process of applying for certification and credentialing by the Academy.

For more information regarding the Certification process visit the Academy website at www.academyofct.org.

Note : There is a separate application fee required by the Academy when applying for certification.

WHY CBT?

CBT developed from a number of theoretical models in the 70s, is now indisputably the treatment of choice for a number of psychiatric conditions including anxiety disorders, mood disorders, substance abuse and chronic mental illnesses among others. Numerous outcome studies attest to its short term and longer-term effectiveness. Training in the applications of this approach is now sought after by both individual counselors and by employing agencies due to the following:

- ◆ CBT is evidence-based and of proven effectiveness
- ◆ This therapy fosters skills building in clients
- ◆ CBT is short-term and problem-focused
- ◆ This approach encourages collaboration and empowers clients
- ◆ CBT involves a structured and systematic approach which can be learned and implemented relatively easily from practical well-designed training programs

TRAINING INVOLVES:

- ◆ 6 one-day workshops on the theory, practice and applications of CBT. Three workshops held on consecutive days in January 2012 and three more on consecutive days in April 2012.
- ◆ 12 hours of individual and group case consultation and supervision with experienced CBT practitioners.
- ◆ Review and feedback on audio-taped CBT sessions with clients in the trainee's clinical practice.
- ◆ A program of reading, viewing of therapy sessions and training tapes in the field of CBT.

Training will be practical and small group-focused. The number of trainees on the course will be limited to maximize the training experience. Previous training programs had between 6-10 participants.

WHAT OTHERS ARE SAYING ABOUT THIS TRAINING

"Very knowledgeable presenters"

"Interesting presentation, very clear, helpful handouts"

"Like how it is broken up"

All current participants state they would recommend this training to a colleague and all strongly agreed sessions were informative and valuable.

FURTHER INFORMATION: To receive more information or to request an application for this intensive training please e-mail Rick Baker at:

rbaker@behaviortherapist.com

or call :

(828) 350-1177.

Location

Training will be offered at the Cognitive-Behavioral Therapy Center of WNC, PA on Biltmore Avenue in Asheville, North Carolina. Workshops may be held nearby at larger training sites.

Cost

Payment option	Before December 31, 2011	After December 31, 2011
Prepay	\$1,400	\$1,500
Payment Plan*	\$1,600	\$1,600

*Payment Plan: three payments of \$533 each payable by Dec 31, 2012, Feb. 28, 2012, and April 30, 2011.

There is a non-refundable deposit of \$100 required to secure a place in this course, payable by January 2, 2012. Deposit deducted from total cost.

Individual workshops can be attended for a fee of \$175. All six workshops can be attended for a reduced fee of \$960.

Note This does not include the supervision Component.

WHO IS ELLIGIBLE?

TO BE ELLIGIBLE FOR THE INTENSIVE TRAINING; Individuals must

- ◆ work with clients in direct provision of therapy or counseling services.
- ◆ hold a terminal degree in their field.
- ◆ be licensed for independent practice.

WINTER 2012 INTENSIVE TRAINING TOPICS/DATES

CBT Model, Conceptualization and Interventions	Wednesday, Jan. 11th
CBT and Mood Disorders	Thursday, Jan. 12th
CBT and Anxiety Disorders	Friday, Jan. 13th
CBT and Personality Disorders	Wednesday, Apr. 11th
CBT for Sustance Abuse	Thursday, Apr. 12th
CBT for Children & Adolescents	Friday, Apr. 13th

TRAINERS

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.

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.

CEU's

CEU's are approved by NBCC and will be provided at the conclusion of this training.

