

NEXT CLASS BEGINS SOON

INTENSIVE TRAINING IN COGNITIVE-BEHAVIOR THERAPY

Intensive six month training program in CBT for clinicians working in mental health and related fields beginning in July 2009.

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. Note: a completed application does not guarantee placement in the program.

This program begins: July 2009

INTENSIVE TRAINING IN COGNITIVE-BEHAVIOR THERAPY

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. Workshops held every month from July to December 2009.
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.

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 John Ludgate, PhD, Director of Clinical Training, at

jludgate@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.

Distance Learning Option

In certain cases, where travel to our center may create hardship or difficulty, distance learning involving telephone or on-line supervision, web conferencing, and viewing of training workshops is possible.

Cost

Table with 3 columns: Payment option, Before June 15, 2009, After June 15, 2009. Rows include Prepay and Payment Plan*.

*Payment Plan: three payments of \$500 each payable by June 30, 2008, July 31, 2009, and Aug 31, 2009.

There is a non-refundable deposit of \$100 required to secure a place in this course, payable by June 1, 2009. Deposit deducted from total cost.

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.

TRAINING TOPICS/DATES

Table with 2 columns: Topic, Date. Topics include CBT Model and Key Characteristics, CBT Conceptualization and Interventions, CBT and Mood Disorders, CBT and Anxiety Disorders, CBT and Personality Disorders, and Other Applications.

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

We are currently exploring the issue of providing CEU's for this training and hope to have this completed by July '09.