

INTENSIVE TRAINING IN COGNITIVE-BEHAVIOR THERAPY

Intensive six month training program in CBT for clinicians working in mental health and related fields beginning in January, 2010.

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: January 2010

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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.

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.

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.

- 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 January to June 2010.
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 Jan. 15, 2010, After Jan. 15, 2010. Rows include Prepay and Payment Plan\*.

\*Payment Plan: three payments of \$533 each payable by Jan. 30, 2010, Feb. 28, 2010, and Mar. 31, 2010.

There is a non-refundable deposit of \$100 required to secure a place in this course, payable by January 1, 2010. 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, 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.

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.

CEU's

We are currently exploring the issue of providing CEU's for this training and hope to have this completed by January '10.

