

NOW OFFERING

**CLINICAL SUPERVISION/CASE CONSULTATION FOR MENTAL HEALTH CLINICIANS**

**Individual and Group Supervision**

**Weekly, bi-weekly or monthly clinical supervision for therapists working in mental health and related fields.**

**C**ognitive –Behavioral Therapy Center of WNC, PA now offers on-going individual and group clinical supervision. This program is designed for clinicians working in mental health and related fields.

**Program begins: April 2009**

**CLINICAL SUPERVISION FOR THERAPISTS**

**Benefits**

- ◆ Deliver cognitive and cognitive-behavioral therapies with fidelity
- ◆ Maintain high standards for quality-of-care
- ◆ Keep your skills sharp
- ◆ Stay up on latest developments in the field
- ◆ Consult regularly on your most difficult cases
- ◆ Be ahead of the movement by insurance companies demanding evidence-based procedures
- ◆ Share expertise with other clinicians in your organization
- ◆ CV enhancement
- ◆ Make your skills and practice more marketable
- ◆ Satisfy state licensure criteria and insurance credentialing
- ◆ Professional self-development

**WHO?**

Clinical supervision will be provided by John Ludgate, PhD. Dr. Ludgate is a licensed clinical psychologist (NC and VA), 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 at the University of Pennsylvania under Dr. Aaron Beck, the founder of Cognitive Therapy, obtaining a Post-Doctoral Fellowship in Cognitive Therapy from the University of Pennsylvania in 1986. Dr. Ludgate 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.

Dr. Ludgate has supervised psychologists, social workers, licensed professional counselors and other practitioners for 12 years. He has supervised practitioners learning CBT for 20 years. Dr. Ludgate also trained the staff of two inpatient psychiatric hospitals to run a CBT program for inpatients.

Dr. Ludgate is active on the lecture-circuit, presenting trainings and workshops on Cognitive-Behavioral therapy locally and nationally. He has published two books on CBT and has one more in-press.

**Location**

Technological options allow much greater flexibility in how and where clinical supervision services can be delivered. Supervision can take place face-to-face at our offices in downtown Asheville, North Carolina. We can also deliver clinical supervision remotely via telephone, or web-based, live video conferencing.

Depending on location, group supervision can take place at your facility.

**Cost**

<i>Payment option</i>	<i>Fee</i>
<b>Single Session</b>	\$150
<b>Contract for 10 or more</b>	\$130 each

**WHO IS ELIGIBLE?**

**TO BE ELIGIBLE FOR THE SUPERVISION**

Individuals must

- ◆ Work with clients in direct provision of therapy or counseling services.
- ◆ Hold a graduate degree in their field.
- ◆ Be licensed or license-eligible for independent practice.

**SUPERVISION INVOLVES:**

- ◆ 1 hour of individual and case consultation and supervision with John Ludgate, PhD.
- ◆ Review and feedback on audio or video-taped CBT sessions with clients in your clinical practice (if desired).
- ◆ Recommendations for reading, viewing of published therapy sessions and training tapes in the field of CBT.
- ◆ Guidance on improving and gaining additional clinical skills
- ◆ On-going supervision log to document your participation.

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

[jludgate@behaviortherapist.com](mailto:jludgate@behaviortherapist.com)

or call :

(828) 350-1177.