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COGNITIVE BEHAVIORAL THERAPY: The Top 10 Interventions

- Top 10 cognitive behavioral techniques that will immediately improve your clinical effectiveness
- Integrate new techniques with existing clinical skills
- Acquire a library of ready-to-use tools, worksheets and skill-building exercises

COGNITIVE BEHAVIORAL THERAPY: The Top 10 Interventions

Featuring **Dr. Carol Perlman**

- Top 10 cognitive behavioral techniques that will immediately improve your clinical effectiveness
- Integrate new techniques with existing clinical skills
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Trumbull, CT

Wednesday, September 23, 2009

Hartford, CT

Thursday, September 24, 2009

Warwick, RI

Friday, September 25, 2009

Counselors • Social Workers • Psychologists • Psychotherapists
Therapists • Addiction Counselors • Marriage and Family Therapists
Case Managers • Nurses • Other Mental Health Professionals



COGNITIVE BEHAVIORAL THERAPY: The Top 10 Interventions

Most clinicians recognize the importance of using evidence-based treatments and are familiar with the literature supporting the effectiveness of Cognitive Behavioral Therapy (CBT). Starting with the basics, this seminar will teach you tools and give you the confidence to implement CBT in your clinical practice.

Attend this seminar and learn the top 10 evidence-based CBT interventions and improve client outcomes. You will learn CBT strategies used to help clients enhance their skills for reducing and preventing symptoms and negative patterns that interfere with other therapy goals. Learn to effectively integrate cognitive behavioral interventions with other treatment approaches.

Dr. Perlman's warm, engaging style fosters an interactive and dynamic atmosphere to facilitate learning. Learn specific, cutting-edge, evidence-based CBT techniques through live demonstration, role plays and video clips.

***SAVE by Including this Book with Seminar Registration!**



Cognitive Therapy for Challenging Problems

What to Do When the Basics Don't Work

By Judith S. Beck

Building on the acclaimed Cognitive Therapy: Basics and Beyond, this groundbreaking book from Judith S. Beck addresses what to do when a patient is not making progress in cognitive-behavioral therapy. Provided is practical, step-by-step guidance on conceptualizing and solving frequently encountered problems, whether in developing and maintaining the therapeutic alliance or in accomplishing specific therapeutic tasks. While the framework presented is applicable to a range of challenging clinical situations, particular attention is given to modifying the longstanding distorted beliefs and dysfunctional behavioral strategies of people with personality disorders. Helpful appendices include a reproducible assessment tool, the Personality Belief Questionnaire.

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