

*Depression • Anxiety • Stress
Panic • Suicidality • Anger •
Obsessions • Procrastination
Agoraphobia • Compulsions •
PTSD • Personality Disorder*

**The Clinical Practice of
Cognitive Therapy**

*Distance Education
2012
Agoraphobia • Compulsions •
PTSD • Personality Disorders
Depression • Anxiety • Stress*

Intensive Training for Mental Health Professionals

Sponsored by:

The Cleveland Center for Cognitive Therapy

PTSD • Personality Disorders

The Challenge of Psychotherapy in the Real World

Therapists face many demands these days. Clients want (and deserve) effective treatment for complex problems. Managed care asks us to provide short-term treatment and to demonstrate the “medical necessity” of treatment. Agencies want us to maintain a hefty caseload and attain high levels of client satisfaction. In addition, we are expected to be knowledgeable about evidence-based approaches to treatment. Many therapists find that they are better able to cope with these challenges if they update their skills and obtain advanced clinical training.

Cognitive Therapy is an evidence-based approach to therapy which is effective with a wide range of problems. The cognitive perspective provides a conceptual framework that makes therapy with complex clients less confusing and frustrating. In addition, cognitive-behavioral techniques provide powerful tools for alleviating current distress and for accomplishing lasting changes.

Intensive Training for Psychotherapists

The Clinical Practice of Cognitive Therapy is an intensive training program that consists of a series of seminars held one day a month for ten months. The seminars provide hands-on training in the application of Cognitive Therapy in clinical practice. They combine lectures and readings with video, demonstrations, case consultation, and practice in the use of cognitive-behavioral techniques. The program is designed for practicing mental health professionals (psychiatrists, psychologists, social workers, counselors, psychiatric nurses, etc.) who can apply the material with their own clients.

This program offers much more than a book or a one-day workshop can provide, including:

- Intensive, hands-on training that is useful in clinical practice
- Lively, engaging faculty who make the class interesting as well as useful
- Demonstrations of intervention techniques
- Opportunity to try out interventions in your practice and then follow up with the instructors via the Internet
- Nationally-known faculty who relate new research and innovation to the realities of clinical practice

Certification Program in Cognitive Therapy

Participants in **The Clinical Practice of Cognitive Therapy** have three options. They can simply participate in the seminars for continuing education credit, they can complete two exams and submit a recording of a therapy session to receive certification in Cognitive Therapy from the Cleveland Center for Cognitive Therapy, or they can use the completion of this program in partial fulfillment of the requirements for certification by the Academy of Cognitive Therapy. The **Academy of Cognitive Therapy** is a non-profit organization that offers international certification in Cognitive Therapy. Successful completion of this program fulfills the academic requirements for certification by the Academy but there are additional requirements for supervised experience and submission of a work sample.

Course Objectives

Fundamentals of Cognitive Therapy (Mar., Apr., & May, 2012)

Participants will be able to explain the essential concepts, techniques, and strategies of Cognitive Therapy and to apply this material in the treatment of depression and suicidality. They will understand the role of cognition in psychopathology and will be able to demonstrate Cognitive Therapy’s approach to developing rapport, structuring the session, using cognitive and behavioral interventions, developing homework assignments, dealing with non-compliance, and preventing relapse.

Cognitive Therapy with Stress & Anxiety Disorders (June, July, & Aug., 2012)

Participants will be able to modify the treatment strategies covered in the previous term in order to treat stress, adjustment disorders, and anxiety disorders including panic disorder, agoraphobia, obsessive-compulsive disorder, generalized anxiety disorder, and post-traumatic stress disorder.

Cognitive Therapy with Personality Disorders (Sept., Oct., & Nov., 2012)

Participants will apply the principles of Cognitive Therapy to the treatment of clients with personality disorders. They will be able to discuss specific treatment strategies and intervention techniques for a number of personality disorders including borderline, paranoid, avoidant, antisocial, obsessive-compulsive, and histrionic personality disorders.

Special Topics (Dec., 2012)

Participants will explore the application of Cognitive Therapy to areas of particular interest to participants in the 2011-2012 program. Possible topics include Cognitive Therapy with Bipolar Disorder, Cognitive Therapy for Anger Problems, Mindfulness-Based Interventions in CBT, Cognitive Therapy in Groups, Medical Applications of Cognitive Therapy, Cognitive Therapy with Alcoholism and Substance Abuse, Cognitive Therapy with Marital and Family Problems, Cognitive Therapy with Children and Adolescents, Supervision of Cognitive Therapy, etc.

Distance Education

Participate in the intensive training program without traveling away from home. With the Distance Education option, you complete the same readings as in the face-to-face version of the program. Each month you will download an unedited audio recording of the class. You’ll be able to listen to the lectures when it is convenient for you, complete experiential exercises on your own, and ask questions on-line. After you have done the reading and have listened to the month’s audio, you will need to complete a brief online quiz in order to qualify for continuing education credit.

The Distance Education program covers the same content, costs the same, and may qualify for the same continuing education credit as the conventional program. You’ll need the ability to connect to the Internet, send and receive e-mail, download files, and listen to mp3 files. You’ll also need enough hard drive space for about 150 MB of audio files per month. If you have questions, contact James Pretzer, Ph.D. at 216-831-2500 or jimpretz@sbcglobal.net.

How the Distance Education Program Works

The Distance Education program begins on March 21, 2012. Each month we will send you two e-mails that will enable you to download handouts and mp3 audio recordings of that month's course. These e-mails will come from "James Pretzer via YouSendIt." Each e-mail will contain a hypertext link. Clicking on that link will take you to a page in the YouSendIt web site from which you can download the recordings and supplementary materials. Since the recordings are mp3 files, you should be able to listen to them on your computer, on a mp3 player, or burn them to a CD so that you can listen on a CD player. The course materials are for your personal use and are not to be duplicated or circulated. The course materials contain confidential clinical material and it is your professional responsibility to maintain confidentiality.

Continuing Education Credit

Regulations vary from state to state and country to country, so the only way to be certain about whether this program will be accepted for continuing education credit is to check with your licensing board. Your board may well accept this program without additional paperwork since we are approved by the American Psychological Association and by NAADAC. However, in some states you may need to submit this program for post-program approval. In either case, we will be happy to provide whatever documentation is required.

Psychologists – The Cleveland Center for Cognitive Therapy is approved by the American Psychological Association to sponsor continuing education for psychologists. The Cleveland Center for Cognitive Therapy maintains responsibility for the program and its content. This program qualifies for up to 69.5 hours of credit.

The Cleveland Center for Cognitive Therapy is approved by the Ohio Psychological Association-MCE Program to offer continuing education for psychologists. The Cleveland Center for Cognitive Therapy (#341753069) maintains responsibility for the program. This program qualifies for up to 69.5 hours of credit.

Counselors and Social Workers – Continuing education regulations vary from state to state. Check with your licensing board to find out if they accept programs by APA- or NAADAC-approved providers or if you can submit this program for approval.

Chemical Dependency Counselors – This program has been submitted to the Ohio Chemical Dependency Professionals Board for approval of RCH credit. The Cleveland Center for Cognitive Therapy is a NAADAC Approved Education Provider. This program qualifies for up to 69.5 hours of credit.

Psychiatrists – Physicians who wish to receive CME credit can use this program for up to 67.5 hours of Category II credit.

Face-to-face Program

A face-to-face version of the same program is offered in Cleveland, OH each year beginning in October. If you have questions about the face-to-face program, contact James Pretzer, Ph.D. at 216-831-2500 or jimpretz@sbccglobal.net.

Registration

Fee - Tuition is \$350 for each of the first three terms and \$175 for the final term for a total of \$1225, plus a \$50 registration fee. A \$50 per term (up to \$200 per person) group discount is available when two or more persons apply jointly. A 10% discount applies if the full year's tuition is paid by the first session.

A limited number of partial scholarships will be available based on need. Individuals who wish to apply for a partial scholarship should submit a brief description of their need for the scholarship with their registration.

Participants who wish to receive certification from the Cleveland Center for Cognitive Therapy will pay a certification fee of \$175 that covers the cost of detailed feedback on two examinations and a recording of a therapy session.

Registration Deadline – The registration materials and fee must be received no later than *Friday, February 17, 2012*.

Refund Policy - The registration fee will be returned in full if enrollment is canceled prior to the registration deadline.

To Register - Mail the attached form with your registration fee to the address on the registration form, fax it, or scan it and e-mail to jimpretz@sbccglobal.net. *For a group discount, mail, fax, or e-mail all the registration forms in together, clearly indicating that you are applying as a group.* Applicants will be notified of acceptance and provided with additional information after the registration deadline.

Faculty

James Pretzer, Ph.D.

Director, Cleveland Center for Cognitive Therapy. Assistant Clinical Professor of Psychology, Department of Psychiatry, CWRU School of Medicine. Diplomate and Founding Fellow, Academy of Cognitive Therapy.

Barbara Fleming, Ph.D.

Director, Anxiety Treatment Center. Assistant Clinical Professor of Psychology, Department of Psychiatry, CWRU School of Medicine. Diplomate and Founding Fellow, Academy of Cognitive Therapy.

Barbara Fleming and James Pretzer both received their Ph.D.s in Clinical Psychology from Michigan State University and completed post-doctoral fellowships at the Center for Cognitive Therapy at the University of Pennsylvania where they worked closely with Aaron T. Beck, MD, David Burns, MD, and other leading Cognitive Therapists.

Drs. Pretzer and Fleming have provided advanced training in Cognitive Therapy to mental health professionals since 1982 and have presented their work at conferences of the American Psychological Association, the Association for the Advancement of Behavior Therapy, and the World Congress of Cognitive Therapy. They are co-authors, with Arthur Freeman and Karen Simon, of *Clinical Applications of Cognitive Therapy, 2nd edition* (Springer, 2004), and, with Aaron Beck, Arthur Freeman, and associates, of *Cognitive Therapy of Personality Disorders, 2nd edition* (Guilford Press, 2004). They have also authored and co-authored numerous book chapters and articles. Their works have been translated and published in a number of languages including German, Swedish, and Japanese.

About the Cleveland Center for Cognitive Therapy

The Cleveland Center for Cognitive Therapy is a division of Behavioral Health Associates, Inc. It provides consultation and advanced training for mental health professionals. The Center also provides Cognitive Therapy for individuals, couples, children and adolescents, and families.

Behavioral Health Associates, Inc. is a multidisciplinary organization that provides a wide range of services to individuals, couples, and families; to mental health professionals; and to business and industry. Its divisions include The Cleveland Center for Cognitive Therapy, The Anxiety Treatment Center, and PsychSource. Behavioral Health Associates, Inc. has locations on both the east and west sides of Cleveland.

For more information, visit us on the Web at:

<http://www.behavioralhealthassoc.com>

Other Opportunities for Training in Cognitive Therapy

In addition to **The Clinical Practice of Cognitive Therapy**, additional training opportunities are available as well:

Workshops and In-Service Training

The Cleveland Center for Cognitive Therapy presents workshops and in-service training programs for a variety of organizations locally, regionally, and nationally. Previous topics have included CBT for depression, anxiety disorders, personality disorders, and self-mutilation as well as anger management, overcoming non-compliance, outpatient treatment of substance abuse, principles of short-term counseling, and Cognitive Therapy with children and adolescents. Sponsors have included private practices, the Mayo Clinic, the New England Educational Institution (Cape Cod, MA), Fachklinik Bad Durkheim (Germany), Ohio Department of Mental Health, Cleveland Clinic, Lorain Community Hospital, Cuyahoga Community College, Applewood Centers, West Michigan Community Mental Health System, and Ontario County (NY) Department of Mental Health.

Join Us on the Internet

James Pretzer, Ph.D. moderates the Cognitive Therapy forum at Behavior OnLine. This ongoing discussion covers a wide range of topics related to cognitive-behavioral therapy. It is free and open to all mental health professionals. Simply point your Web browser to: <http://www.behavior.net/forums/cognitive/>.

The Cleveland Center for Cognitive Therapy Can Come to You!

If your organization, agency, or group of mental health professionals is interested in high-quality, practical training but you don't want to travel to Cleveland, the Center's faculty can come to you. If 15-20 people want to take part in the training, it may cost no more for the Center to present the program at your location, or at a location near you, than for you to travel to Cleveland for the program. **For more information**, contact James Pretzer, Ph.D. at (216) 831-2500.

Registration Form

Please complete this application in full and mail, fax, or e-mail it with a \$50 registration fee by February 17, 2012 to:

Cleveland Center for Cognitive Therapy
24400 Highpoint Rd., Suite 9
Beachwood, OH 44122

Phone: (216) 831-2500
FAX: (216) 831-4035
e-mail: jimpretz@sbcglobal.net

(Duplicate this form as necessary.)

Name _____ Degree _____

Address _____

City _____ State _____ Zip _____

Phone (w) _____ (h) _____

E-mail _____

Discipline _____ Psychiatry _____ Psychology _____ Social Work
_____ Counseling _____ Nursing _____ Other

Are you licensed? _____ License # _____

Current employment (Title and setting) _____

Clinical Experience (Settings, types of clients) _____

Are you in a setting where you can use Cognitive Therapy with clients? _____

Will you need a partial scholarship? _____ *(If so, briefly describe the reason for the request on a separate sheet.)*

Form of payment for the \$50.00 registration fee*:

_____ VISA or MasterCard # _____

Exp. Date _____ Signature _____

_____ Check **(In US funds*, make check Payable to "BHA")**

* We are not equipped to handle currency exchange. If you are participating from outside the United States, and pay by credit card, the credit card company will handle the currency exchange.

For a group discount, mail, fax, or e-mail all of the registration forms together,

clearly indicating that you are applying as a group