

# **The Clinical Practice of Cognitive Therapy**

**March, 2019 – December, 2019**

**Intensive Training in CBT  
you can complete  
on your own  
schedule**

**Sponsored by:  
The Cleveland Center for Cognitive Therapy**

## The Challenge of Psychotherapy in the Real World

Busy therapists face many demands these days. Clients want (and deserve) effective treatment for complex problems. Insurance companies ask us to provide short-term treatment and to demonstrate “medical necessity.” Agencies want us to maintain a hefty caseload with high levels of client satisfaction. In addition, we’re expected to be knowledgeable about evidence-based treatment. Many therapists want to cope with these challenges by updating their skills and obtaining advanced clinical training but they need training that is flexible and focused on clinical practice.

Cognitive Therapy is an evidence-based, cognitive-behavioral approach to therapy that 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 you can apply in clinical practice right away
- A flexible schedule – complete the program on your own timetable (even if it takes a few years)
- Lively, engaging faculty who make the class interesting as well as useful
- Texts that focus on the practical application of CBT with a broad range of clients
- Demonstrations of intervention techniques
- Opportunity to try out interventions in your practice and then follow up with the instructors online
- 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.

## Distance Education at Your Own Pace

Participate in the intensive training program without traveling away from home and on your own schedule. Each month you will download an unedited audio recording of the class and then complete the program on your own timetable with no fixed deadlines. Like a podcast, you can listen to the audio when convenient. Unlike a podcast, the audio is integrated with readings, online video and resources, experiential exercises, and an online discussion forum to provide in-depth training in CBT. If you want continuing education credit or if you want to seek certification, there will also be an online post-test to complete after you have finished the readings and audio.

The Distance Education program covers the same content, costs the same amount, and may qualify for the same continuing education credit as our face-to-face program. You'll need the ability to connect to the Internet, to send and receive e-mail, to download files, and to 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 [ClinicalPracticeofCT@gmail.com](mailto:ClinicalPracticeofCT@gmail.com).

## **Course Objectives**

(for detailed objectives see <http://www.behavioralhealthassoc.com/educationalPrograms.php>)

### **Fundamentals of Cognitive Therapy with Depression** (Mar., Apr., & May, 2019)

Participants will be able to explain the essential concepts, techniques, and strategies of Cognitive Therapy and apply this material in the treatment of depression and suicidality. They will understand the role of cognition in psychopathology and 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., 2019)

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., 2019)

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., 2019)

Participants will explore the application of Cognitive Therapy to areas of particular interest to participants in recent programs. This year, the topics include CBT with anger problems, with grief, and with alcoholism and substance abuse.

## How the Distance Education Program Works

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The Distance Education program begins on March 13, 2019. Each month we will send you an e-mail that will enable you to download handouts, audio, and supplementary materials. The recordings are mp3 files, so you can listen to them at your convenience on your computer, on a mp3 player, or burn them to a CD. There's no need to sit in front of a computer for hours! The course materials are yours for your personal use so you can rewind to listen to a passage a second time whenever you want and you'll be able to review particular topics as needed. The instructors are available via email and through a Google Group whenever you have questions.

## What do Participants Think of This Program?

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Go to <http://www.behavioralhealthassoc.com/educationalPrograms> and scroll down for links to participants' feedback and to evaluation results.

## Continuing Education Credit

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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, the National Association of Social Workers, the National Board for Certified Counselors, 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** – Cleveland Center for Cognitive Therapy has been approved by NBCC as an Approved Continuing Education provider, ACEP No. 6889. Programs that do not qualify for NBCC credit are clearly identified. Cleveland Center for Cognitive Therapy is solely responsible for all aspects of the program.

**Social Workers** – This program is approved by the National Association of Social Workers (Approval #886603241-1135) for 69.5 Clinical Social Work continuing education contact hours.

**Chemical Dependency Counselors** – This program has been approved by the Ohio Chemical Dependency Professionals Board for up to 69.5 hours of credit. The Cleveland Center for Cognitive Therapy is a NAADAC Approved Education Provider. This program qualifies for up to 60 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.

## Registration

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**Fee** - Tuition is \$400 for each of the first three terms and \$200 for the final term for a total of \$1400, plus a \$50 registration fee. A \$50 per term group discount (up to \$200 per person) 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 (\$50 per term discount) 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 \$300 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 15, 2018*.

**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, fax it to us, or scan it and e-mail to [ClinicalPracticeofCT@gmail.com](mailto:ClinicalPracticeofCT@gmail.com). *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

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### James Pretzer, Ph.D.

Director, Cleveland Center for Cognitive Therapy. Assistant Clinical Professor of Psychology, Department of Psychiatry, CWRU School of Medicine. Diplomate, Founding Fellow, and Certified Trainer/Consultant - 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, Founding Fellow, and Certified Trainer/Consultant - 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.

## Disclosure of Conflicts of Interest

The Cleveland Center for Cognitive Therapy does not receive any commercial support for its programs and does not accept any funding that could create a conflict of interest. The content of our programs and any recommendations we make are based on the available research and on clinical experience.

## 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>  
or on Facebook at "The Clinical Practice of Cognitive Therapy"

## Other Opportunities for Training in Cognitive Therapy

In addition to *The Clinical Practice of Cognitive Therapy*, a variety of other 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 CBT 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.

### **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 or [ClinicalPracticeofCT@gmail.com](mailto:ClinicalPracticeofCT@gmail.com).

## Registration Form – Distance Education starting March 13, 2019

Please complete this application and mail, fax, or e-mail it by February 15, 2019 to:

Cleveland Center for Cognitive Therapy      Phone: (216) 831-2500  
24400 Highpoint Rd., Suite 9                      FAX: (216) 831-4035  
Beachwood, OH 44122                              email: [ClinicalPracticeofCT@gmail.com](mailto:ClinicalPracticeofCT@gmail.com)  
USA

*(Duplicate this form as necessary.)*

Name \_\_\_\_\_ Degree \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip/Postal code \_\_\_\_\_ Country \_\_\_\_\_

Phone (w) \_\_\_\_\_ (h) \_\_\_\_\_

E-mail (print clearly) \_\_\_\_\_

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.)*

How did you hear about this program? \_\_\_\_\_  
*(if online, please be specific about where.)*

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

\_\_\_\_\_ Check **(In US funds\*, make check payable to "BHA" and mail with registration form)**

\_\_\_\_\_ Credit Card or PayPal (We will send an electronic invoice to your email address that will allow you to pay securely using a major credit card or PayPal)

\* We are not equipped to handle currency exchange. If you are participating from outside the United States, pay using a credit card or PayPal and the currency exchange will be handled automatically.

If you wish to pay by bank transfer, contact James Pretzer, Ph.D. at [ClinicalPracticeofCT@gmail.com](mailto:ClinicalPracticeofCT@gmail.com) for the necessary information. Additional fees may apply.

*For a group discount, mail, fax, or e-mail all of the registration forms together, clearly indicating that you are applying as a group*