

The Clinical Practice of Cognitive Therapy

October, 2022 – July, 2023

Intensive Training in CBT
you can complete
on your own
schedule

Sponsored by:
The Cleveland Center for Cognitive Therapy

James Pretzer, Ph.D.
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The Clinical Practice of Cognitive Therapy 22-23
Intensive Training for Mental Health Professionals

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 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 and 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 online 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 provides a great opportunity for mental health professionals:

- Hands-on training in CBT with the broad range of problems you encounter in clinical practice.
- Practical interventions that you can apply right away.
- Lively, engaging faculty who combine the latest research findings with years of clinical experience.
- Presentations and readings combined with video, demonstrations, case consultation, practice, and links to online resources.
- The ability to earn CE credit and qualify for certification in CBT.
- A flexible schedule – complete the program on your own timetable

Prerequisites

Participants must have completed training and supervised experience in the basics of counseling or psychotherapy before registering for this program.

Textbooks

This program uses three required textbooks, *The Clinical Practice of Cognitive Therapy (2nd edition)*, *Mind Over Mood: Change How You Feel by Changing How You Think (2nd edition)*, and *Clinician's Guide to Mind Over Mood (2nd edition)*. The purchase of textbooks is the responsibility of participants. Information about obtaining textbooks will be provided to participants when they register.

Distance Education at Your Own Pace

Participate in the intensive training program on your own schedule without traveling away from home! 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 each month’s readings and audio.

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 x 2 or ClinicalPracticeofCT@gmail.com.

Course Objectives

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

Fundamentals of Cognitive Therapy with Depression (Oct., Nov., & Dec, 2022)

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 be able to describe 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 (Jan, Feb, & Mar., 2023)

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 (April, May, & June, 2023)

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 (July, 2023)

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 sexual abuse.

How the Distance Education Program Works

The Distance Education program begins on October 19, 2022. Each month we will e-mail you links to 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 by burning 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 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.

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, by the National Association of Social Workers, by 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 #886603241-3196) for 67.5 Clinical Social Work continuing education contact hours.

Chemical Dependency Counselors – 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.

Other Professions – We will provide documentation of attendance and any other information necessary for you to apply for post-program approval.

Registration

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, September 16, 2022*.

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. *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, Founding Fellow, and Certified Trainer/Consultant - Academy of Cognitive & Behavioral Therapies.

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 & Behavioral Therapies.

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.

Certification 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 & Behavioral Therapies. The Academy of Cognitive & Behavioral Therapies is a non-profit organization that offers international certification in Cognitive-Behavioral 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.

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.

Training Tailored to the Needs of Your Organization

If you would like an online training program tailored to the needs of your organization, contact Dr. James Pretzer at ClinicalPracticeofCT@gmail.com. We can provide this program on a schedule that meets the needs of your organization and we may be able to provide other training designed to meet your organization's needs.

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 and the Anxiety Treatment Center.

For More Information

Visit <http://www.behavioralhealthassoc.com/educationalPrograms> where you can read comments by previous participants, download an evaluation of a recent program, and find answers to frequently asked questions. You can also email us at ClinicalPracticeofCT@gmail.com or find us on Facebook at <https://www.facebook.com/CleveCCT/>

Registration Form – Distance Education starting October 19, 2022

Please complete this application and mail, fax, or e-mail it by September 16, 2022 to:

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

Phone: (216) 831-2500
FAX: (216) 831-4035
email: ClinicalPracticeofCT@gmail.com

(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, please 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 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