

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

The Clinical Practice of Cognitive Therapy
*Depression • Anxiety • Stress
Panic • Suicidality • Anger
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*Intensive Training for
Mental Health Professionals*

Sponsored by:
The Cleveland Center for Cognitive Therapy

PTSD • Personality Disorders

James Pretzer, Ph.D.
Cleveland Center for Cognitive Therapy
24400 Highpoint Road, Suite 9
Beachwood, OH 44122

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The Clinical Practice of Cognitive Therapy 2012-2013
Intensive Training for Mental Health Professionals

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 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 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 in the next class or 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 (Oct., Nov., & Dec., 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 be able to discuss 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 (Jan., Feb., & Mar., 2013)

Participants will be able to explain Cognitive Therapy’s conceptualization of stress, adjustment disorders, and anxiety disorders including panic disorder, agoraphobia, obsessive-compulsive disorder, generalized anxiety disorder, and post-traumatic stress disorder. They will be able to explain cognitive-behavioral treatment strategies for each of these disorders and will be able to demonstrate cognitive and behavioral interventions appropriate for each of these disorders.

Cognitive Therapy with Personality Disorders (Apr., May, & June, 2013)

Participants will be able to explain Cognitive Therapy’s conceptualization of personality disorders and the application of these principles to understanding borderline, paranoid, avoidant, antisocial, obsessive-compulsive, and histrionic personality disorders. They will be able to discuss specific treatment strategies for each of these disorders and will be able to demonstrate intervention techniques tailored to each disorder.

Special Topics (July, 2013)

Participants will explore the application of Cognitive Therapy to areas of particular interest to participants in the 2012-2013 program. For each of the topics chosen, participants will be able to explain relevant cognitive conceptualizations, will be able to discuss specific treatment strategies, and will be able to demonstrate specific interventions. Possible topics include Bipolar Disorder, Anger Problems, Mindfulness-Based Interventions, Groups, Medical Applications of Cognitive Therapy, Alcoholism and Substance Abuse, Marital and Family Problems, Cognitive Therapy with Children and Adolescents, Supervision of Cognitive Therapy, etc.

Schedule

Two face-to-face sections of **The Clinical Practice of Cognitive Therapy** will be offered. Section 1 will meet one Friday a month, 9 a.m. to 5 p.m., starting on *Oct. 19, 2012 (10/19, 11/16, 12/14, 1/25, 2/22, 3/15, 4/19, 5/17, 6/21, & 7/12)*. Section 2 will meet one Saturday a month, 9 a.m. to 5 p.m., starting on *Oct. 20, 2012 (10/20, 11/17, 12/15, 1/26, 2/23, 3/16, 4/20, 5/18, 6/22, & 7/13)*. For the final Special Topics term, participants will be able to “mix and match” between the topics covered on *7/12 & 7/13* so as to attend the portions in which they are most interested. If you cannot attend a class, you will have the option of attending the other section (if space is available) or of receiving an audio recording of the class. The Distance Education section of the program begins on October 24, 2012.

Location

Seminars will meet at the west side office of the Cleveland Center for Cognitive Therapy at 26777 Lorain Road, North Olmsted, Ohio. Directions will be mailed to participants after the close of registration. A Distance Education option is also available if you prefer to complete the program on your own.

Distance Education

Participate in the intensive training program without traveling to Cleveland. If you choose the Distance Education option, you'll complete the same readings and assignments and you'll download an unedited audio recording of the class each month. 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.

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 email, 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 x 2 or jimpretz@sbcglobal.net.

Continuing Education Credit

Face-to-face Program:

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 – This program is approved by the National Association of Social Workers (Approval #886603241-1135) for 69.5 Clinical Social Work continuing education contact hours. The Cleveland Center for Cognitive Therapy is an approved continuing professional education provider for Ohio counselors and social workers (provider # RCS030602). The Pennsylvania State Board of Social Work Examiners accepts programs presented by APA approved providers. This program qualifies for up to 69.5 hours of credit.

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.

Distance Education Program:

Regulations vary from state to state and the only way to be certain regarding continuing education credit is to check with your state board. Your board may well accept this program since we are approved by the American Psychological Association, NASW, and by NAADAC. However, in some states you may need to submit this program for post-program approval and a few states do not grant continuing education credit for distance education programs.

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 (\$50 per term) 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, September 21, 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@sbcglobal.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 published in a number of languages including German, Swedish, and Japanese.

