1. Treating Survivors of Childhood Physical, Sexual, and Emotional Abuse: 
   A Phase-Based Skills and Exposure Approach

   **Workshop Leader:** Susan Trachtenberg Paula, Ph.D.

   American Institute for Cognitive Therapy

   **Date:** Saturday, February 28th, 2015  **Time:** 10AM-4PM

   **Fee:** $225 for Professionals;  
              $175 for Students (with a copy of your current Student ID)

Skills Training in Affective and Interpersonal Regulation/Narrative Story-Telling (STAIR/NST) is an evidence-supported treatment for adult survivors of childhood physical abuse, sexual abuse, and domestic violence. STAIR/NST systematically addresses both difficulties in daily functioning (compromised capacities in emotional awareness, emotion regulation, and healthy attachment) and the more evident post-traumatic symptoms such as PTSD (dissociation, self-injury and anger problems).

STAIR/NST is a 16-session, two-phase treatment that focuses on building emotional and interpersonal skills, and helping the client process traumatic experiences and devise a coherent and meaning-based life narrative. The August 2011 issue of the Journal of American Psychiatry contained a study which showed that this “phase-based skills-to-exposure treatment was associated with greater benefits and fewer adverse effects than treatments that excluded either skills training or exposure.”

**Objectives** covered in this workshop will include: **1)** Participants will learn the theoretical foundations and research supporting an evidence-supported treatment for complex PTSD. **2)** Participants will learn techniques for improving client’s ability to recognize and regulate emotions, and build healthy relationships with others. **3)** Participants will learn how to conduct imaginal exposure and integrate interpersonal schema formulations into exposure therapy and **4)** Participants will learn to choose cases that could benefit from STAIR/NST.

**Susan Trachtenberg Paula, Ph.D.** is a New York State licensed psychologist with extensive experience in cognitive behavior therapy (CBT) and dialectical behavior therapy (DBT). Dr. Paula specializes in the treatment of Posttraumatic Stress Disorder (PTSD), Attention Deficit Hyperactivity Disorder (ADHD), and emotional dysregulation in children and adults. She has promoted evidence-based treatments for children and adolescents with PTSD through her Involvement in the National Child Traumatic Stress Network. She has also been training and supervising other therapists in CBT and evidence-based treatments for PTSD for over 20 years. Dr. Paula has authored journal articles and book chapters on child sexual abuse, aggressive behavior in children, cognitive-behavioral play therapy, and anxiety disorders, and helped develop the National Center for PTSD’s web-based training on STAIR (Skills Training in Affective and Interpersonal Regulation).
2. How to Use Cognitive Therapy to Help People with Cancer

Workshop Leader: Tomer Levin, M.D. & Allison Applebaum, Ph.D.; Memorial Sloan-Ketterling Cancer Center

Date: March 28th, 2015 Time: 10AM-4PM
Fee: $225 for Professionals; $175 for Students (with a copy of your current Student ID)

One in three people will develop cancer. This means that cognitive therapists must have the skills and confidence to help these people in their psychotherapy practices. Working with Cancer patients at all states of their disease can be challenging, but Cognitive Therapy (CT) is very effective in helping them to cope with the cancer diagnosis, treatment, and re-adapting to life.

This workshop will give clinicians the tools they need to feel confident in their work with patients with cancer, including: How the principles of CT can be adapted to psycho-oncology • What works: specific CT techniques that help guide patients through the cancer trajectory, from understanding prognosis, to self-injecting, to making better decisions, to MRI claustrophobia and conditioned nausea. • Depression, anxiety and mixed depression-anxiety. What are the best approaches? Can anxiety be eliminated? Learn how to integrate psychopharmacology as a CT tool • The fear of death is always present. CT techniques are particularly helpful and can turn life fearing into life affirming • The tyranny of positive thinking (Steve Jobs, former CEO of Apple, should have consulted with a cognitive therapist) • Using your own experiences with cancer, illness and death to help and motivate and fortify your patients

Dr. Tomer T. Levin, M.D., is an internationally known psycho-oncologist and researcher at Memorial Sloan Kettering Cancer Center (MSKCC). He has over a decade of experience using cognitive therapy to help cancer patients and their families. Dr. Levin is also an expert in doctor-patient communication at MSKCC where he teaches oncologists to be more compassionate and better communicators. An assistant professor at the Weill Medical College of Cornell University, Dr. Levin received his medical degree from Monash University in Australia and completed fellowship training at Long Island Jewish Medical Center, Columbia University and the Beck Institute for Cognitive Therapy and Research. His research has been widely published and he has authored chapters such as “Anxiety Disorders” in Holland’s Psychooncology (2009) and “End of Life Communication Training” in the Oxford Handbook of Communication in Cancer and Palliative Care (2010). Dr. Levin received the Academy of Psychosomatic Medicine’s Visiting Professorship Award for cognitive therapy in medically ill patients.

Dr. Allison Applebaum is an Assistant Attending Psychologist in the Department of Psychiatry and Behavioral Sciences at Memorial Sloan Kettering Cancer Center (MSKCC) and an Assistant Professor of Psychology in Psychiatry at Weill-Cornell Medical College. She is the Director of the Caregivers Clinic, housed within the Counseling Center at MSKCC, which is part of a larger multidisciplinary center that she established in 2011 that focuses specifically on the needs of cancer caregivers. Dr Applebaum’s program of research focuses the development and dissemination of psychosocial interventions for cancer patients and their caregivers, and how current empirically supported treatments may be adapted for the acute cancer setting. She is currently funded by the American Cancer Society to develop a web-based psychotherapeutic intervention that addresses existential distress and decreased quality of life experienced by caregivers of patients with advanced cancer. Dr. Applebaum has expertise in using cognitive-behavioral techniques to mitigate anxiety and depression and to improve overall quality of life in patients with cancer and their caregivers. She serves as the Founding Chair of the Cancer Caregivers Special Interest Group of the American Psychosocial Oncology Society, and is a Member of the International Psycho-Oncology Society and the Society for Behavioral Medicine.
3. Dialectical Behavior Therapy for Adolescents

**Workshop Leader:** Victoria Taylor, Ph.D., American Institute for Cognitive Therapy

**Date:** Saturday, April 18, 2015  **Time:** 10AM-4PM  
**Fee:** $225 for Professionals;  
$175 for Students (with a copy of your current Student ID)

Dialectical Behavioral Therapy was initially developed for adults with borderline personality disorder, but has since been adapted for adolescents with multiple problems and high risk behaviors. This evidence-based approach has become one of the highest standards of treatment for teens suffering from emotion dysregulation, identity confusion, interpersonal difficulties, impulsivity, risky behaviors, and teen-parent conflict. Further, DBT is particularly effective for those adolescents not benefitting from standard treatment. Incorporating principles and skills from DBT can be particularly helpful for adolescents due to this formative period of intellectual, social, and emotional growth. Given the mounting responsibilities with which today's youth are confronted, it is necessary that emotionally vulnerable adolescents learn to prioritize their mental health and replace maladaptive coping strategies.

This workshop is for students and professionals who wish to learn practical elements from DBT for adolescents to incorporate into clinical work. Therapists experienced in DBT wanting to adapt treatment for adolescents are also welcome. You will develop familiarity with DBT principles and skills to treat clients suffering from emotional and behavioral dysregulation. The workshop will provide an overview of DBT theory, how to apply commitment strategies, the DBT skills specifically targeting adolescents, and completing comprehensive risk assessments. We will also address incorporating diary cards into treatment, using behavioral chain analyses to decrease risk behaviors, and using the varying levels of validation to increase acceptance. The workshop will provide didactics and experiential learning in a collaborative and active environment for clinicians of any experience level.

**Victoria Taylor, Ph.D., Director of Child and Adolescent Services, Clinician,** is a New York state licensed psychologist who earned her doctorate in Clinical Psychology from Northwestern University and her bachelor's degree from McGill University. Dr. Taylor specializes in cognitive-behavioral therapy (CBT), dialectical behavioral therapy (DBT), mindfulness-based therapies, acceptance and commitment therapy (ACT), and trauma-focused therapies. She completed her pre-doctoral internship at Montefiore Medical Center, and is intensively trained in DBT for high-risk, suicidal adolescents and adults. Dr. Taylor treats mood disorders, anxiety disorders, personality disorders, substance abuse, trauma, and ADHD in children, adolescents, and adults. Dr. Taylor believes that successful therapy stems from a close, non-judgmental alliance between therapist and client, and offers evidence-based interventions specific to clients' needs in a warm and compassionate atmosphere. She provides particular understanding and guidance around the difficulties inherent in identity development among adolescents, college students, and young professionals. Dr. Taylor also has extensive experience and a specific interest in helping clients struggling with issues specific to the LGBT community. Along with Dr. Horowitz, Dr. Taylor runs our Adolescent DBT program, and is also the program director for our Parenting and Family Enrichment Program. She recently collaborated on a book chapter on the transdiagnostic nature of DBT, as well as on a review article comparing CBT, ACT, and DBT. Dr. Taylor has taught seminars on DBT to medical students and provides DBT supervision to graduate students.
Workshop Application

Name: ____________________________________________   Degree/Training _____________________________

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How did you hear about the workshops (e.g., AICT Website, Colleague, Ad, Work)? _______________________________

Workshop:
Mark an “X” for the workshop that you wish to take and enclose $225 for each workshop ($175 if you are enrolled in a
Graduate Program. Provide a Xerox copy of your ID):

1. Treating Survivors of Childhood Physical, Sexual, and Emotional Abuse: A Phase-Based Skills and Exposure Approach (02/28/15)
2. How to Use Cognitive Therapy to Help People with Cancer (03/28/15)
3. Dialectical Behavior Therapy for Adolescents (04/18/15)

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Please Note: Because of limited size of workshops, we can only provide admission to the first 13 people who enroll. Enrollments must be completed
10 days before the workshop. There are no discounts available.

CE Credits: Unfortunately, we do not provide continuing education credits.

Cancellation Policy: In the event that a workshop is canceled due to insufficient enrollment or severe weather conditions, we will notify you via email
and/or phone and your payment will be refunded.

If you cancel two weeks prior to the workshop, you will receive a 50% refund. Otherwise, if you are not able to attend the workshop,
no refund or credit will be granted.