



American Institute for Cognitive Therapy

Weekend Workshops

HOW TO REGISTER FOR A WORKSHOP:
(1) MAIL OR FAX THE ATTACHED APPLICATION
(2) ENROLL OVER THE PHONE (212) 308-7371

Date	Workshop
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October 18, 2009	1. Introduction to Cognitive Therapy I: Mastering the Fundamentals
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**PLEASE
NOTE:
This
Workshop
runs from
11AM-5PM**

Participants in this Sunday workshop will review the basic principles and applications of cognitive therapy. Workshop attendees will experience an introduction to the theoretical foundations of cognitive therapy, while learning fundamental, evidence-based techniques used to treat depression and anxiety disorders. This workshop is designed for people with a range of experience in CBT. Psychotherapists and students who are completely new to CBT will learn the basics in an informative and collegial environment. Clinicians who have greater experience in this highly effective form of psychotherapy will also benefit from this detailed training in mastering the fundamental concepts and useful CBT tools.

Workshop Leader: Dennis Tirch, PhD, American Institute for Cognitive Therapy

Dennis Tirch, Ph.D., Director of Education, American Institute for Cognitive Therapy, received his Ph.D. from Fairleigh Dickinson University where he received the Michael J. Fink scholarship for his work with people with disabilities. Dr. Tirch is as an Adjunct Assistant Professor and Clinical Supervisor at the Ferkauf Graduate School of Psychology of Yeshiva University and a consultant to Gouverneur Hospital where he teaches the Behavioral Healthcare staff in Cognitive Behavioral Therapy (CBT). He has co-authored several articles and chapters on the application of CBT principles to people with disabilities and people with addictive disorders, including two chapters in the New Directions in Cognitive Therapy series, edited by Dr. Leahy. Dr. Tirch is a Fellow of the Academy of Cognitive Therapy. He is Director of Education at the American Institute for Cognitive Therapy. He is coauthoring a book with Dr. Leahy and Dr. Napolitano on emotion regulation. Extensive handouts and lecture notes will be provided, along with case examples, to illustrate material throughout this workshop.

October 24, 2009	2. Introduction to Cognitive Therapy II: Going Beyond the Basics
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This second workshop in a series begins where the basics leave off. Participants will explore taking the concepts of cognitive therapy into clinically relevant applications. Cognitive and behavioral therapies for the treatment of various anxiety and mood disorders will be examined in some detail over the course of this one day seminar. Applications to special populations, challenging problems, and the integration of acceptance and mindfulness based methods will also be surveyed.

Workshop Leader: Dennis Tirch, PhD, American Institute for Cognitive Therapy

Date	Workshop
November 7, 2009	3. Integrative Behavioral Couples Therapy: Promoting Change and Acceptance in Relationships

This workshop will provide an introduction to Integrative Behavioral Couples Therapy (IBCT). As part of the “third wave” of cognitive behavioral therapies, IBCT emphasizes both change and acceptance strategies. Correspondingly, it goes beyond the common emphasis on communication training by encouraging couples to become more understanding and accepting of personal differences and inevitable conflicts.

The following components will be included as part of the workshop:

- Overview of cognitive-behavioral therapy with couples
- Detailed description of IBCT, including assessment, case formulation, and treatment strategies
- Discussion of case examples
- Review of the empirical support for IBCT
- Handouts including workshop slides, psychoeducational material for patients, and recommended reading list

Workshop Leader: Jonathan Kaplan, PhD, American Institute for Cognitive Therapy

Jonathan Kaplan, Ph.D., Director of Stress Management, American Institute for Cognitive Therapy, received his doctoral degree in clinical psychology from UCLA. He was trained in IBCT by one of its originators, Dr. Andrew Christensen. Dr. Kaplan has practiced couples therapy and IBCT for over 10 years in various treatment settings. He has won numerous awards and serves elected office in the Asian American Psychological Association. In 2008, he created Urban Mindfulness, an organization devoted to the practice of mindfulness and meditation in city life (www.UrbanMindfulness.org).

November 14, 2009	4. Mindfulness and Cognitive Therapy
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An important new group of cognitive-behavioral therapies have recently emerged, which draw upon nontraditional sources such as:

mindfulness meditation
 focusing on the present moment
 cultivating willingness to endure difficult emotions
 developing emotion tolerance skills
 living a life based upon one's deepest values

These cognitive-behavioral techniques remain evidence-based and solution focused, yet they address some of the deepest and most significant aspects of being alive.

This one day seminar will provide an overview of these mindfulness and acceptance based techniques, and will involve hands-on training in mindfulness meditation, stress management, and other "3rd Wave" cognitive and behavioral methods.

Workshop Leader: Dennis Tirch, PhD, American Institute for Cognitive Therapy

Date

Workshop

December 5, 2009 **5. CBT for Chronic Worry**

Worry is often a persistent and sometimes debilitating problem in all of the anxiety disorders. Chronic worry has a high likelihood of leading to depression and can contribute to increased risk of substance abuse. In this workshop we will overview an empirically-based approach to worry that incorporates a variety of cognitive-behavioral models. These include the metacognitive model, intolerance of uncertainty, acceptance and commitment, schematic issues, fear of failure, risk aversion, emotional avoidance and looming vulnerability. An integrative seven-step modular program for reversing the negative effects of worry will be described.

1. Distinguish Productive from Unproductive Worry
2. Accept Reality and Commit to Action
3. Challenge worried thinking
4. Identify and modify core beliefs underlying worry
5. Turn failure into opportunity
6. Use emotions rather than worry about them
7. Put time on your side.

The training modality will include didactics, role-plays and experiential exercises. Participants are encouraged to identify problematic worry in themselves and in patients. We will utilize these worry problems in developing client-tailored programs using the seven modules.

Workshop Leader: Robert L. Leahy, PhD, American Institute for Cognitive Therapy

Robert L. Leahy, Ph.D., Institute Director (Ph.D., Yale) has authored and edited seventeen books on cognitive therapy and psychological processes. He is the President of the Association for Behavioral and Cognitive Therapy (ABCT), Past-President of the International Association for Cognitive Psychotherapy, Past-President of the Academy of Cognitive Therapy and Clinical Professor of Psychology in Psychiatry at Weill-Cornell Medical School. He is the Associate Editor of the International Journal of Cognitive Therapy. His book, *The Worry Cure*, received critical praise from the New York Times and has been selected by Self Magazine as one of the top eight self-help books of all time. His new book, *Anxiety-Free: Unravel Your Fears Before They Unravel You*, was published in April 2009. He recently received the Aaron T. Beck Award for Outstanding Contributions in Cognitive-Behavioral Therapy. Dr. Leahy has been featured in the New York Times, Forbes, The Wall Street Journal, Fortune, Newsweek, Psychology Today, Washington Post, Redbook, Women's Health, Self Magazine, and he has appeared on national and local radio and on television (20/20, Good Morning America, and The Early Show). Read Dr. Leahy's Blog "Anxiety Files" at PsychologyToday.com.

Date	Workshop
December 6, 2009	6. The Fundamentals of Stress Management

Designed for anyone who feels overwhelmed by stress, this workshop provides all the information and strategies necessary to start feeling more relaxed and in control of your life. During the 5-hour training, you will learn about stress and practice various stress management techniques. Specifically, you will learn the following:

- The 3 different kinds of stressors (and which ones are most prevalent for you)
- The two most stressful psychological conditions (and how they relate to your own life)
- How stress affects the mind and body
- Meditation
- Progressive muscle relaxation
- Diaphragmatic breathing
- Mindfulness
- Ways to reduce negative thinking

This workshop is designed to be both informative and practical. By the end of the day, you will leave feeling more relaxed, more knowledgeable, and better able to manage stress on a day-to-day basis.

Workshop Leader: Jonathan Kaplan, PhD, American Institute for Cognitive Therapy

Jonathan Kaplan, Ph.D., Director of Stress Management, American Institute for Cognitive Therapy, received his doctoral degree in clinical psychology from UCLA. He was trained in IBCT by one of its originators, Dr. Andrew Christensen. Dr. Kaplan has practiced couples therapy and IBCT for over 10 years in various treatment settings. He has won numerous awards and serves elected office in the Asian American Psychological Association. In 2008, he created Urban Mindfulness, an organization devoted to the practice of mindfulness and meditation in city life (www.UrbanMindfulness.org).

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Workshop Application

All workshops are from 10:00am to 4:00pm

In order to sign up for these workshops you should mail this application and a check (made out to AICT) for **\$200** per workshop (or **\$150** if you are a graduate student and provide proof of your status) to the address below. Additionally, if you prefer, you can enroll on the phone (212) 308-2440 or send the application via fax (212) 308-3099.

American Institute for Cognitive Therapy
136 East 57th Street, Suite 1101
New York, NY 10022

Name: _____ Degree/Training _____

Address: _____ City/State/Zip _____

Business Phone: _____ E-Mail: _____

How did you hear about the workshops?

AICT website

Posting at work

From a colleague

From someone who attended
a workshop before

I am a returning workshop
attendee

Print ad
(which magazine? _____)

Other: _____

Circle the number of the workshop that you wish to take and enclose **\$200 for each workshop** (\$150 if you are enrolled in a Graduate Program. Provide a Xerox copy of your ID):

Workshop: 1 2 3 4 5 6

Name on Visa/Mastercard: _____

Credit Card Number: _____

Expiration Date: _____

Total Charged: _____

Signature: _____

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.

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.**

There are no discounts available.

American Institute for Cognitive Therapy

The *American Institute for Cognitive Therapy* is one of the leading treatment and training centers in the United States in cognitive-behavioral therapy. We have been providing services and training since 1985. Visit our website at www.CognitiveTherapyNYC.com for information about our staff, services and training opportunities. The Institute was founded and is directed by Dr. Robert Leahy.