1. How to Use Cognitive Therapy to Help People with Cancer

Workshop Leaders: Tomer Levin, M.D., & Allison Applebaum, Ph.D., Memorial Sloan-Kettering Cancer Center

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 stages of their disease can be a 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:

- 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

This workshop is taught by two experienced cognitive therapists and psycho-oncology researchers from Memorial Sloan Kettering Cancer Center. They bring their expertise via engaging didactics and discussions. Role-plays are used to build your skills and competency in dealing with typical psycho-oncology challenges. Participants are encouraged to bring cases or material from personal experiences with cancer for discussion with the group. By the end of this workshop you will feel confident in your ability to apply cognitive therapy to help your patients with cancer.

Date: Saturday, January 21, 2012
Time: 10AM-4PM
Fee: $200 for Professionals; $150 for Students (with a copy of your current Student ID)
2. Learning the Language of DBT

Workshop Leader: Jenny Taitz, PsyD, American Institute for Cognitive Therapy

Dialectical Behavior Therapy is becoming an increasingly popular treatment. Initially, DBT was a treatment for Borderline Personality Disorder. In recent years, DBT has been found to be helpful in the treatment of eating disorder and substance abuse populations. This workshop is for students and professionals who wish to learn practical elements from DBT treatment to incorporate into clinical work. You will develop familiarity with skills to support clients who have or will participate in DBT treatment. The workshop will provide an overview of important DBT concepts ranging from the “biosocial theory,” describing how people come to face difficulties managing emotions to the ultimate treatment goal, building a “life worth living.” This course will address DBT fundamentals including diary cards, behavioral chain analyses, and levels of validation. The training will include both didactics and experiential learning.

Date: Friday, March 2, 2012
Time: 10AM-4PM
Fee: $200 for Professionals; $150 for Students (with a copy of your current Student ID)


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

Participants in this Saturday workshop will be introduced to a range of foundational principles and applications of cognitive behavioral therapy (CBT). Workshop attendees will experience an introduction to CBT’s theoretical fundamentals, while exploring 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 useful CBT tools. Cutting across generations of CBT research, this workshop will explore behavioral activation, cognitive techniques, exposure, and case conceptualization. These methods can be applied to the treatment of mood disorders, anxiety, phobias and trauma survival. Both experiential and didactic methods will be used throughout this collaborative and engaged workshop.

Date: Saturday, March 3, 2012
Time: 10AM-4PM
Fee: $200 for Professionals; $150 for Students (with a copy of your current Student ID)

HOW TO REGISTER FOR A WORKSHOP:
(1) MAIL OR FAX THE ATTACHED APPLICATION
(2) ENROLL OVER THE PHONE (212) 308-7371
4. Trial-Based Cognitive Therapy: A Novel Approach to Changing Core Beliefs in CBT

Workshop Leader: Irismar Reis de Oliveira, MD, PhD Professor of Psychiatry, University Hospital, Department of Neurosciences and Mental Health, Federal University of Bahia, Brazil

This workshop is designed to teach participants a novel strategy that facilitates belief change (BC). BC is a significant part of most CBT protocols. Persistent attributions that are negative, global, and personal regarding life events and adverse outcomes are a risk factor for recurrence of most psychiatric disorders. Thus, a novel approach, the Trial-Based Cognitive Therapy (TBCT), that may be more effective at changing belief systems than conventional thought records and logical disputation will be presented. TBCT is a three-level, three-phase, case formulation approach, whose foundation is in cognitive therapy; however, it has a unique approach to conceptualization and techniques that make it a distinct intervention in modifying patients' core beliefs. One of its main techniques is the Trial-Based Thought Record (TBTR), a structured strategy that is presented as an analogy with Law, in which the therapist engages the client in a simulation of the judicial process. It is an empirically validated method of BC, with preliminary, but promising, results. At the end of the workshop, participants are expected to be able 1) to present the cognitive model to the patient according to TBCT conceptualization diagram; 2) to implement the strategy 'Trial-Based Thought Record' in clinical practice and to assess its usefulness in changing patients' core beliefs; and 3) to implement an experiential technique, the Trial-Based Empty Chair (TBEC), to consolidate BC put in motion by TBTR.

References:

Date: Saturday, March 17, 2012
Time: 10AM-4PM
Fee: $200 for Professionals; $150 for Students (with a copy of your current Student ID)

5. An Introduction to Compassion Focused Therapy (CFT)

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

Developed by Paul Gilbert, Ph.D., Compassion Focused Therapy (CFT) intends to treat individuals experiencing a high degree of shame and self-criticism. These individuals are likely to experience a perception of others as critical and rejecting, intense self-dislike and self-criticism, and problems with emotion regulation. CFT suggests that in order to soothe or emotionally self-regulate when negative emotions are highly aroused, the appropriate affect system needs to be accessible. Based in evolutionary theory, CFT aims to increase self-caring or soothing behaviors in order to calm the internal threat system. In other words, CFT teaches individuals how to develop the capacity for self-compassion and self-kindness, which stimulates an affect and relationship system specifically evolved in mammals. This is useful given that change often requires the ability to tolerate negative emotions and painful memories. Individuals who learn to demonstrate increased self-compassion and self-kindness may be better able to achieve change in the context of internal kindness and support. Goals of this workshop:

- Learn the basics of CFT, including:
  - Psychoeducation about evolved motivational and affect regulation systems
  - A series of practices and exercises (e.g. mindfulness) focused on developing compassionate attention, compassionate thinking, compassionate behavior and compassionate feeling
- Learn how to implement CFT with your patients, regardless of:
  - Diagnostic category
  - Particular therapeutic modality you already utilize (e.g. CBT)

Date: Saturday, April 21, 2012    Time: 10AM-4PM
Fee: $200 for Professionals; $150 for Students (with a copy of your current Student ID)

Workshop Leader: Lata K. McGinn, PhD, Ferkauf Graduate School of Psychology, Yeshiva University

This workshop will provide clinicians with the advanced skills needed to effectively diagnose and treat obsessive compulsive disorder using cognitive behavioral therapy. The focus of this workshop will be on illustrating in detail how treatment is conducted. The workshop will depict a session-by-session treatment which can guide the clinician from the start of treatment to its conclusion. A clinical case will be used throughout to illustrate the material in a more hands-on-fashion: A detailed case description, completed assessment and treatment forms will be presented so that clinicians may directly see how a patient's symptoms are assessed and treated on a session-by-session basis using cognitive behavioral therapy.

Clinicians will learn how to:
- Diagnose obsessive compulsive disorder
- Learn how to differentiate it from other conditions
- Target and monitor the different symptoms that will be treated including co-morbid symptoms
- Learn the specifics of exactly how therapy is conducted on a session-by-session basis
- Learn how to maximize gains and prevent relapse

Clinicians will learn the following content on a session-by-session basis:
- Psycho-education: the latest facts and figures on obsessive compulsive disorder as described to patients
- Cognitive restructuring: how to implement systematic cognitive restructuring aimed at identifying and resolving the different thoughts, assumptions, and core schemas observed in OCD
- Graded exposure: how to systematically identify, rank, create, monitor images (imaginal exposure) and situations (in vivo exposure) that patients with OCD avoid or else endure with anxiety, and how to successfully reduce anxiety associated with these phobic stimuli. Clinicians will also learn when to implement imaginal exposure, in-vivo exposure or both.
- Response prevention: how to block rituals in OCD patients. Clinicians will learn specific strategies to maximize response prevention.

The goal of the workshop is to provide a detailed account of how treatment may be conducted, maximize efficiency and ensure rapid progress in patients using state-of-the-art cognitive behavioral therapy so that clinicians may function more effectively. Extensive handouts (lecture outlines, assessment and treatment forms, clinical and self-help references) will be provided so that clinicians may better apply what they learn in the workshop. Clinicians are also encouraged to ask questions and bring in treatment cases to ensure maximal learning.

Date: Saturday, April 28, 2012
Time: 10AM-4PM
Fee: $200 for Professionals; $150 for Students (with a copy of your current Student ID)
7. Cognitive Behavior Therapy for Binge Eating Disorder

**Workshop Leader:** Melissa D. Horowitz, PsyD, American Institute for Cognitive Therapy

This full-day workshop will provide psychologists, social workers, nutritionists, and students with an overview of treating binge eating disorder using cognitive and behavioral strategies. The following core areas will be discussed during the workshop:

- Assessment and diagnosis
- Case conceptualization
- Behavior modification
- Cognitive restructuring
- Emotion regulation
- Mindfulness and relaxation strategies
- Motivational issues
- Co-occurring disorders
- Increasing support outside of therapy

The workshop presenter will distribute lecture material, handouts, and a recommended reading list. Come prepared for an interactive and lively discussion that will include group activity, case examples, and opportunities to discuss challenges in treating binge eating disorder.

**Date:** Sunday, May 20, 2012  
**Time:** 10AM-4PM  
**Fee:** $200 for Professionals; $150 for Students (with a copy of your current Student ID)

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8. Cognitive Behavioral Therapy for Post-traumatic Stress Disorder

**Workshop Leader:** Maren Westphal, PhD, Visiting Fellow at the American Institute for Cognitive Therapy

Cognitive Behavioral Therapy (CBT) has been endorsed as a front line treatment for posttraumatic stress disorder (PTSD) by the National Institute of Mental Health, National Academy of Sciences, US Department of Veterans Affairs, and numerous national and international medical and mental health organizations. Yet there remains a striking gap between the amount of scientific support for the efficacy of CBT treatments for PTSD and the extent to which clinical practitioners feel confident enough to implement them with patients who have been exposed to severe trauma.

This intensive professional training workshop will provide service providers of all mental health disciplines with the advanced knowledge and skills necessary to treat PTSD using a cognitive-behavioral framework. The workshop will start with a brief introduction to cutting-edge scientific conceptualizations of PTSD based on cognitive and behavioral models of anxiety and informed by recent neuroimaging data on fear conditioning and extinction. Participants will learn underlying theoretical principles of CBT for PTSD and gain practice in case formulation and treatment planning using case vignettes.

The largest part of the workshop is devoted to the description and hands-on practice of core therapeutic procedures of CBT for PTSD using role-plays, video clips, and small-group exercises. This interactive format is designed to enable participants to start working with the CBT model of PTSD in the workshop and develop the skills and confidence to incorporate ideas and key techniques into their own therapy practice.

You will learn to:

- Develop an individualized evidence-based treatment plan for PTSD.
- Explain to patients the rationale for a cognitive behavioral approach to PTSD.
- Practice key components of CBT for PTSD such as imaginal and in-vivo exposure, cognitive restructuring, and anxiety management techniques.
- Troubleshoot difficulties with the implementation of exposure.
- Identify and challenge central themes in the narratives of trauma survivors in an empathic and effective manner.

**Date:** Saturday, June 2, 2012  
**Time:** 10AM-4PM  
**Fee:** $200 for Professionals; $150 for Students (with a copy of your current Student ID)
9. How to Use Cognitive Therapy to Help People with Cancer

**Workshop Leaders:** Tomer Levin, M.D., & Allison Applebaum, Ph.D., Memorial Sloan-Kettering Cancer Center

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**Date:** Saturday, June 16, 2012  
**Time:** 10AM-4PM  
**Fee:** $200 for Professionals; $150 for Students (with a copy of your current Student ID)
Workshop Presenters

Allison J. Applebaum, Ph.D. is the Chief Postdoctoral Fellow in the Department of Psychiatry and Behavioral Sciences at Memorial Sloan-Kettering Cancer Center (MSKCC). Dr. Applebaum completed her doctorate in clinical psychology from Boston University and her clinical internship at New York Presbyterian Hospital/Weill-Cornell Medical Center. She has over ten years of clinical and research experience in the field of behavioral medicine. In her clinical practice with cancer patients and their caregivers at MSKCC, Dr. Applebaum utilizes a variety of psychotherapeutic approaches, with an emphasis on cognitive-behavioral and existential therapies. Her program of research is directed toward promoting the psychological and physical well-being of individuals diagnosed with chronic medical illnesses, including cancer and HIV, and improving the quality of life of their caregivers. Dr. Applebaum is the author of numerous peer-reviewed papers and book chapters, and has presented her research at national and international conferences.

Melissa D. Horowitz, PsyD, Director of Eating Disorders and Weight Management Program, received her B.A. from the University of Massachusetts at Amherst and her PsyD in clinical psychology from the Philadelphia College of Osteopathic Medicine. She completed her postdoctoral fellowship at Cognitive and Behavioral Consultants of Westchester in White Plains and her pre-doctoral internship at the Waianae Coast Comprehensive Health Center in Hawaii. Dr. Horowitz received advanced training in cognitive behavior therapy at Beck Institute for Cognitive Therapy and Research, the Center for Weight and Eating Disorders at the University of Pennsylvania, and the American Institute for Cognitive Therapy (AICT). Dr. Horowitz specializes in working with adolescents, adults and couples. She has extensive experience in the treatment of mood disorders, anxiety, chronic illness, eating disorders, weight management, obesity, school/career issues, and relationship/marital conflict. She has also been intensively trained in dialectical behavior therapy to treat multi-problem behavior including self-injury and borderline personality disorder. Dr. Horowitz has conducted research examining the relationship between social problem solving, physical functioning, and depression in Amyotrophic Lateral Sclerosis (ALS) patients, and contributed to research examining quality of life factors in ALS patients. Dr. Horowitz is an adjunct professor at Iona College in New Rochelle, and previously served as a supervising psychologist at Kings County Hospital Center in Brooklyn.

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.

Lata K. McGinn, PhD, Yeshiva University, Ferkauf Graduate School of Psychology, (Lata.McGinn@einstein.yu.edu) is currently Associate Professor of Psychology, Director of the Doctoral Clinical Program, as well as Director of the Cognitive Behavior Therapy Training Program for Anxiety and Depression at Yeshiva University/Albert Einstein College of Medicine in New York City. She specializes in cognitive behavior therapy for anxiety and depressive disorders and conducts research in the area of risk prevention of anxiety and depressive disorders. She has published numerous articles and chapters, has written a book titled ‘Treatment of Obsessive Compulsive Disorder’ and co-authored a book titled “Treatment Plans and Interventions for Anxiety and Depressive Disorders.” She is a founding fellow and Diplomate of the Academy of Cognitive Therapy, is a Beck Scholar, and is associate editor of Cognitive Therapy and Research. She is the President of the International Association of Cognitive Psychotherapy and serves on the executive boards of the International Association of Cognitive Psychotherapy (IACP), the Academy of Cognitive Therapy (ACT), and the Association of Behavioral and Cognitive Therapies (ABCT). Dr. McGinn conducts, lectures, seminars and workshops, and consultations worldwide, maintains a private practice in Manhattan, NY and co-directs a group practice in White Plains, New York.
Workshop Presenters

Irismar Reis de Oliveira, MD, PhD, is a full Professor of Psychiatry in Brazil. His background includes activities as an Associate Professor of Pharmacology and Head of the Psychiatry Service at Federal University of Bahia. He is a member of the Association for Behavioral and Cognitive Psychotherapy (ABCT); Brazilian Association of Psychiatry; French Psychological Medical Society; International Association of Cognitive Psychotherapy (IACP); and a Founding Fellow of the Academy of Cognitive Therapy (ACT). He has written 110 articles, 15 book chapters and has edited three books. He developed the Trial-Based Cognitive Therapy (www.trial-basedcognitivetherapy.com), and has trained therapists in Brazil and other countries in this model.

Jenny L. Taitz, Psy.D., Director of the Dialectical Behavior Therapy Program, graduated Magna Cum Laude from New York University and earned her doctorate in clinical psychology at Ferkauf Graduate School of Psychology. Dr. Taitz completed a post-doctoral fellowship at the American Institute for Cognitive Therapy. She completed a pre-doctoral fellowship at Yale University School of Medicine where she specialized in Dialectical Behavior Therapy (DBT) for co-morbid substance use and personality disorders and Behavioral Health. As an intensively trained DBT clinician, Dr. Taitz incorporates mindfulness, acceptance, and motivational enhancement with traditional cognitive behavioral therapy. In addition to treating a diverse range of problems such as depression, generalized anxiety disorder, eating disorders, panic disorder, specific phobias, social phobia and borderline personality disorder, she also provides psychotherapy to patients with medical problems. Dr. Taitz has compassion and understanding for young adults struggling in academic settings with perfectionism, procrastination, inattention, anxiety, eating disorders, assertion, avoidance, and substance use. Her research has focused on the efficacy of a self-administered mindfulness intervention and mechanisms of change in mindfulness treatments. Dr. Taitz is a founding board member of the New York City Association for Contextual Behavior Science. She maintains membership in the Association for Behavioral and Cognitive Therapies and the Association for Contextual and Behavior Science, serves as an adjunct clinical supervisor in the clinical psychology doctoral program at Yeshiva University. Dr. Taitz is the author of a forthcoming popular audience book on managing emotions for people who struggle with emotional eating.

Dennis D. Tirch PhD, Associate Director and Director of the OCD Treatment Program, (PhD, Fairleigh Dickinson University) is a New York State licensed psychologist and a Diplomate and Fellow of The Academy of Cognitive Therapy. Dr. Tirch is also the Founder and Director of The Center for Mindfulness and Compassion Focused CBT in Nyack and Monroe, NY. Dr. Tirch currently serves as an Adjunct Assistant Clinical Professor at Weill Cornell Medical College. He has previously served as an Adjunct Associate Professor at Albert Einstein Medical School, and as an instructor to psychiatric residents at New York Medical College. Dr. Tirch has co-authored several journal articles and book chapters over the last 15 years. He is the author of the 4 forthcoming books involving mindfulness, compassion and cognitive behavioral therapy, including the self-help book “The Compassionate Mind Guide To Overcoming Anxiety” and “Emotion Regulation: A Practitioner’s Guide” with Dr. Robert Leahy and Dr. Lisa Napolitano. Dr. Tirch has regularly presented research and workshops concerning mindfulness, acceptance and behavior therapy in the USA and Europe, and has also conducted a week-long training for psychiatrists in Beijing. During that time Dr. Tirch served as the Director of CBT Training in China for the Beijing Suicide Research and Prevention Center. Dr. Tirch serves on the advisory board of the Union Institute and University Center for Mindfulness and Clinical Meditation. He is a member of The Advisory Board and Editorial Board of The Society for Clinical Mindfulness and Meditation and is a founding member and serves as Co-President of the New York City Chapter of the Association for Contextual Behavioral Science. He is a founding member of the New York City Cognitive Behavioral Therapy Organization, and serves as its Board Member-At-Large and Chairman of the Technology Committee. Beyond this local involvement in the CBT community, Dr. Tirch is a member of the program committee and Mindfulness Special Interest Group for the Association For Behavioral and Cognitive Therapies.

Maren Westphal, Ph.D., Visiting Fellow at the American Institute for Cognitive Therapy, received her Ph.D. in Clinical Psychology (With Distinction) from Columbia University. Her research focuses on individual differences, psychosocial processes and neurobiological mechanisms that explain variability in response to adversity, ranging from resilience to psychopathology. She has co-authored journal articles and book chapters on emotion regulation and resilience to loss and trauma and presented her work at numerous national and international conferences. After completing a postdoctoral fellowship in the Mood and Anxiety Program at Mount Sinai School of Medicine, Dr. Westphal joined the Trauma and PTSD program at Columbia University to conduct interdisciplinary research on PTSD with an emphasis on ethnic minority patients and veterans. Dr. Westphal has extensive experience as a CBT instructor and supervisor and has served on the faculty of Columbia University’s Department of Psychiatry, College of Physicians and Surgeons since 2010. She recently started a tenure-track position as Assistant Professor of Psychology at Arcadia University where she teaches courses in the new trauma specialization in the MA Counseling program.
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  7  8  9

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.