1. Back from the Brink: Using CBT to Help Suicidal Clients to Choose to Live

**Workshop Leader:** Cory F. Newman, Ph.D., ABPP, Center for Cognitive Therapy in Philadelphia, PA, University of Pennsylvania, Perelman School of Medicine

**Date:** Saturday, January 26, 2013  **Time:** 10AM-4PM  **Fee:** $225 for Professionals; $175 for Students (with a copy of your current Student ID)

This workshop focuses on helping therapists utilize best practices in cognitive-behavioral therapy to safely and effectively manage and treat suicidal clients. Emphasis will be given to the careful building of a collaborative therapeutic relationship with suicidal clients, as well as helping practitioners to:

1. Understand the maladaptive thinking processes characteristic of suicidal clients
2. Assess the level of risk, both during and between acute crises
3. Conceptualize the suicidal behaviors of clients
4. Devise an array of interventions in order to reduce the clients' sense of helplessness and hopelessness and to increase their self-efficacy and capacity for joy
5. Compose anti-suicide safety plans
6. Meet the standards of care that are necessary to minimize legal liability
7. Utilize self-help skills to cope with treating suicidal clients and to maintain optimal perspective and judgment during times of duress

Special emphasis will be placed on cognitive-behavioral interventions such as problem-solving, increasing attachments to people and activities, and modifying suicidogenic beliefs.

These procedures will be linked to research on the cognitive characteristics of suicidal clients, including hopelessness, morbid perfectionism, dichotomous thinking, poor autobiographical recall, and time perception distortions. In addition, this workshop will touch upon the oft-neglected topic of how therapists respond in the aftermath of a client's completed suicide.

**Course Objectives:**

1) Assess the cognitive vulnerability factors that alert the clinician to the client’s level of risk for suicide.
2) Utilize risk management methods that represent the standard of care in the treatment of suicidal clients.
3) Apply specific cognitive-behavioral techniques and homework assignments in the treatment of suicidal clients, in the context of a collaborative therapeutic relationship and an accurate cognitive-behavioral case conceptualization.
4) Apply self-help skills to cope with the stress of treating clients who are suicidal, and to maintain professional confidence and optimism for the future even in the aftermath of losing a client to suicide.
2. 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

**Date:** Saturday, February 2, 2013  **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 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:

1. How the principles of CT can be adapted to psycho-oncology
2. 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.
3. Depression, anxiety and mixed depression-anxiety. What are the best approaches? Can anxiety be eliminated? Learn how to integrate psychopharmacology as a CT tool.
4. The fear of death is always present. CT techniques are particularly helpful and can turn life fearing into life affirming.
5. The tyranny of positive thinking (Steve Jobs, former CEO of Apple, should have consulted with a cognitive therapist).
6. 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 competence 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.

3. Cognitive Behavioral Treatment for Complicated Grief Following Bereavement

**Workshop Leader:** Anthony D. Mancini, Ph.D., Pace University

**Date:** Saturday, February 16, 2013  **Time:** 10AM-4PM

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

Complicated grief (CG) is a syndrome of persistent and painful yearning, feelings of emptiness, intrusive thoughts, anger or guilt, and avoidance of reminders related to the deceased. CG afflicts approximately 10-20% of bereaved persons, causing substantial distress, health problems, increased risk of mortality, and impairments in everyday functioning. Although treatments for grief have historically been controversial, recent treatment models have proven efficacious. Based on cognitive behavioral principles, these newer treatment models employ exposure and cognitive restructuring techniques to help the griever accommodate the reality of the loss, tolerate distressing reminders, confront avoidance of people, places, and things, and develop new ways of thinking about the deceased and the experience of loss. Applied with sensitivity to the griever's unique experience, these techniques can substantially reduce distress, promote better role functioning, and help the person achieve new goals in life.

The workshop will begin by delineating the symptoms of grief and indications for a grief-focused treatment. A brief review of recent empirical research on grief treatments and risk factors for complicated grief will follow. Participants will then receive an introduction to basic exposure and cognitive restructuring techniques followed by a detailed description of their specific application to CG. Participants will learn how to provide psycho-education as a means of promoting treatment engagement, to develop a CG case formulation that will play a key role in treatment, and to skillfully apply specific CBT techniques with proven efficacy. Throughout we will use role plays and small-group exercises to develop expertise and comfort with the therapeutic techniques.

You will learn to:

1. Assess canonical symptoms of grief and apply standards for identifying persons with complicated grief.
2. Develop case formulations for persons with CG and use them to guide treatment.
3. Apply specific exposure and cognitive restructuring techniques as a means of promoting griever’s engagement with feared aspects of the loss, enhancing emotion regulation, establishing new ways of understanding the loss, and developing and achieving new life goals.
4. Anger Management Training for Teens and Their Parents

Workshop Leader: Eva L. Feindler, Ph.D., Long Island University

Date: Saturday, March 9, 2013  Time: 10AM-4PM

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

The development, implementation and evaluation of anger management programs have proliferated over the past decade. These programs aim to moderate the intensity, frequency and severity of anger expression, and facilitate alternative non-aggressive responses to conflict and frustration. Cognitive-behavioral theory highlights cognitive processes such as attributions, expectations, interpersonal beliefs and problem solving as most influential in determining an individual’s response to provocation and identifies anger arousal as a mediator of aggressive behavior. Based on the premise that youth exhibit aggressive behavior due to poor arousal management, social and problem solving skills, clinicians will learn about psycho-educational anger management programs to target these deficits and to teach pro-social, conflict resolution skills for youth and also for their parents.

Clinicians will learn:
1. Anger management techniques including reduction of physiological arousal, replacement of anger-sustaining cognitions, and development of effective interpersonal responses.
2. To help clients identify both internal and external triggers which provoke an anger response and identify physiological cues that signal feelings of anger via self-monitoring.
3. Techniques incorporated to create more mindfulness and better emotion regulation in parent-adolescent interactions.
4. How to incorporate family problem solving and conflict negotiation skills in a therapeutic situation.
5. How to implement anger management training in the context of individual work with either adolescents or parents and in a dyadic or family context.

5. Trial-Based Cognitive Therapy: A Novel Approach to Changing Core Beliefs in CBT

Workshop Leader: Irismar Reis de Oliveira, M.D., Ph.D. Professor of Psychiatry, University Hospital, Department of Neurosciences and Mental Health, Federal University of Bahia, Brazil

Date: Saturday, March 16, 2013  Time: 10AM-4PM

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

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 (TBE), to consolidate BC put in motion by TBTR.

References:
- De-Oliveira IR et al. (2011) Efficacy of the trial-based thought record, a new cognitive therapy strategy designed to change core beliefs, in social phobia. Journal of Clinical Pharmacy and Therapeutics.
6. Learning the Language of DBT

**Workshop Leader:** Jenny Taitz, Psy.D., American Institute for Cognitive Therapy

**Date:** Sunday, April 21, 2013  **Time:** 10AM-4PM

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

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.


**Workshop Leader:** Dennis Tirch, Ph.D., American Institute for Cognitive Therapy

**Date:** Saturday, May 4, 2013  **Time:** 10AM-4PM

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

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.

8. An Introduction to Compassion Focused Therapy (CFT)

**Workshop Leader:** Dennis Tirch, Ph.D., American Institute for Cognitive Therapy

**Date:** Saturday, May 11, 2013  **Time:** 10AM-4PM

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

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)

**Workshop Leader:** Lata K. McGinn, Ph.D., Ferkauf Graduate School of Psychology, Yeshiva University

**Date:** Saturday, May 18, 2013  **Time:** 10AM-4PM
**Fee:** $225 for Professionals; $175 for Students (with a copy of your current Student ID)

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.

**HOW TO REGISTER FOR A WORKSHOP:**
1. Mail or Fax the attached application
2. Enroll over the phone (212) 308-7371
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.

Eva L. Feindler, Ph.D. is a professor of psychology and the Program Director of the Long Island University Doctoral program in Clinical Psychology. As a faculty member of the Specialty Track in Family Violence and as former Director of the Psychological Services Clinic, she is directly involved in programs to help children and families manage their anger and resolve conflict. She has authored books (Adolescent Anger Control: Cognitive-Behavioral Strategies; Handbook of Adolescent Behavior Therapy; Assessment of Family Violence; Comparative Treatments of Anger Disorders), numerous articles on the assessment and treatment of anger and has conducted professional workshops across the US and internationally. She is featured on the Aggression Replacement training video (Research Press). Finally, she served on the APA Commission on Violence and Youth and the APA Task Force on Violence and the Family.

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.

Anthony D. Mancini, PhD, is an Assistant Professor in the Department of Psychology at Pace University. He received his Ph.D. from Columbia University in 2004. His research and scholarly interests have focused on the different ways that people respond to loss and other types of acute adversity. Dr. Mancini completed postdoctoral training at Columbia University, overseeing an NIH-funded study of complicated grief. He received clinical training at the New York State Psychiatric Institute where he served as a therapist on a randomized controlled trial to test a cognitive-behavioral treatment for complicated grief. He has published over 30 journal articles and book chapters on individual differences in human stress responding, the relevance of empirical research to grief interventions, and the factors associated with adaptation to acute stress. He lives in Brooklyn, New York.

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 and 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 (IACCP), 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.
Cory F. Newman, Ph.D., ABPP is Director of the Center for Cognitive Therapy and Professor of Psychology in Psychiatry at the University of Pennsylvania, Perelman School of Medicine. Dr. Newman is a Diplomate of the American Board of Professional Psychology, with a specialty in Behavioral Psychology, and a Founding Fellow of the Academy of Cognitive Therapy. Dr. Newman has served both as a protocol therapist and protocol supervisor in a number of large-scale psychotherapy outcome studies, including the Penn-Vanderbilt-Rush Treatment of Depression Projects. Dr. Newman is also an international lecturer, having presented scores of cognitive-behavioral therapy workshops and seminars across the U.S.A. and Canada, as well as fourteen countries in Europe, South America, and Asia. Dr. Newman is the author of dozens of articles and chapters on a wide range of topics related to cognitive-behavioral therapy and has authored or co-authored five books, including Choosing to Live: How to Defeat Cognitive Therapy through Cognitive Therapy (New Harbinger, 1996), Bipolar Disorder: A Cognitive Therapy Approach (APA, 2001), and a newly released text entitled, Core Competencies in Cognitive-Behavioral Psychology: Becoming a Highly Effective and Competent Cognitive-Behavioral Therapist (Routledge, 2012). Dr. Newman is a past recipient of both the Earl Bond Award for distinguished teaching and supervision of psychiatry residents at the University of Pennsylvania, and the Penn Psychotherapy Professorship Award for clinical expertise.

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., Yeshiva University, Director of Dialectical Behavior Therapy Program at the American Institute for Cognitive Therapy, is a certified Diplomate of the Academy of Cognitive Therapy. She completed fellowships at Yale University School of Medicine and at the American Institute for Cognitive Therapy. As an intensively trained DBT therapist, Dr. Taitz provides therapy that interweaves mindfulness and acceptance with behavioral principles. 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 is a founding board member of the New York City Association for Contextual Behavior Science. Her recent book, End Emotional Eating, a popular audience book on managing emotions for people who struggle with emotional eating, earned a seal of merit from the Association of Behavior and Cognitive Therapies.

Dennis D. Tirch PhD, Associate Director of the American Institute for Cognitive Therapy, (PhD, Fairleigh Dickinson University) is a Diplomate 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 is an Clinical Assistant 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. He is the author of four 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. 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 Association, and serves as its Board Member-At-Large and Chairman of the Technology Committee. Dr. Tirch is a member of the program committee and Mindfulness Special Interest Group for the Association For Behavioral and Cognitive Therapies.
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4. Anger Management Training for Teens and Their Parents
5. Trial-Based Cognitive Therapy: A Novel Approach to Changing Core Beliefs in CBT
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8. An Introduction to Compassion Focused Therapy (CFT)

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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.