



# American Institute for Cognitive Therapy

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## Weekend Workshops

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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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| March 13,<br>2010 | <b>1. CBT, Buddhism and The Compassionate Mind</b> |
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10AM-4PM

Human beings have been designed by evolution to respond to kindness, warmth and the healing power of compassion. For centuries, the inner wisdom of our compassionate minds has held a central place in the advanced mind training methods of Buddhist practitioners. Recent advances in emotional neuroscience, evolutionary psychology, and cognitive-behavioral therapy have begun to tap into ways to access our mind's innate capacity for compassion. As a result, compassion focused CBT techniques have emerged that have the potential to offer new possibilities for flourishing to our clients.

This instructional and experiential workshop will review a range of compassionate mind training approaches, including practical meditation methods that have been adapted for use in a psychotherapy context.

The meditative techniques in this workshop will be drawn from a number of streams of Buddhist training including, Zen, Tibetan Vajrayana, and Japanese Mikkyo meditation methods. The underlying Buddhist philosophy of compassion and the nature of the self will be explored. All of this will be related to and theoretically linked with some of the most cutting edge research available in the fields of affective neuroscience, behavioral psychology of language and cognition, and applied evolutionary psychology. The workshop leader has been involved in over twenty years of Buddhist study and practice, and has been conducting research and development in the area of adapting meditation to cognitive behavioral therapy for the last 10 years. This is the first such workshop here at the American Institute for Cognitive Therapy.

Participants will learn:

- How the mind responds to perceived threats in the environment
- How accessing and cultivating a compassionate mind can help us to better cope with anxiety and depression
- How practical methods can be applied by therapists and patients to train this capacity
- How Buddhist philosophy and mind training can be adapted to CBT

This workshop will also provide an introduction to mindfulness meditation for those who have not had such training before. Experienced mindfulness practitioners will build upon that foundation, and will begin to explore the possibilities found in training the compassionate mind.

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

| Date           | Workshop  |
|----------------|---|
| March 27, 2010 | <b>2. Cognitive-Behavioral Treatment of Eating Disorders</b>  |
| 10AM-4PM       | <p>This workshop will provide clinicians with the advanced skills necessary to treat eating disorders using a cognitive-behavioral framework. The following topics will be discussed in the workshop:</p> <ul style="list-style-type: none"> <li>• Diagnostic issues, including a discussion of differential diagnosis and the Eating Disorder Not Otherwise Specified diagnosis</li> <li>• Assessment of eating disorder symptoms</li> <li>• The use of Fairburn’s transdiagnostic cognitive-behavioral model to explain the maintenance of eating disorder pathology</li> <li>• Behavioral treatment strategies, including regular eating/weighing, behavioral experiments, behavioral chain analyses, and mirror exposure</li> <li>• Cognitive restructuring</li> <li>• The use of mindfulness techniques in eating disorder treatment and other novel treatment approaches</li> <li>• Common obstacles to treatment success</li> <li>• Relapse prevention</li> </ul> <p><b>Workshop Leader:</b> Ilyse Dobrow DiMarco, PhD, American Institute for Cognitive Therapy</p> |

|               |  |
|---------------|--|
| April 9, 2010 | <b>3. A Primer in Prolonged Exposure for Posttraumatic Stress Disorder</b>   |
| 10AM-4PM      | <p>In this interactive workshop for service providers of all mental health disciplines, an expert clinician will introduce attendees to the Prolonged Exposure (PE), one of the evidence-based psychological therapies for Posttraumatic Stress Disorder (PTSD). The workshop will begin with a brief review of the major theories (e.g., emotional processing theory) that have shaped the cognitive-behavioral therapies for PTSD. This will be followed by a review of the empirical evidence behind the various treatments for PTSD. The workshop will then review several empirically validated measures that can be used in the assessment of PTSD. A detailed description of the components of PE for PTSD will then be provided, including different “dosing” strategies for the therapy as well as step-by-step guidelines for the application of this treatment. Finally, strategies for problem solving difficult cases will be offered. Examples of how to implement PE will be highlighted using role-plays, video clips from various media outlets, and any case material that attendees wish to offer. Time will also be allotted for a question and answer segment from the attendees.</p> <p><b>Workshop Leader</b> Simon Rego, PsyD, ABPP, ACT, American Institute for Cognitive Therapy</p> |

| Date                           | Workshop  |
|--------------------------------|---|
| April 17, 2010<br><br>10AM-4PM | <p data-bbox="305 174 1256 210"><b>4. Introduction to Cognitive Therapy I: Mastering the Fundamentals</b></p> <p data-bbox="305 247 1511 512">Participants in this Saturday 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.</p> <p data-bbox="305 583 1409 621"><b>Workshop Leader:</b> Dennis Tirch, PhD, American Institute for Cognitive Therapy</p>   |
| April 24, 2010<br><br>10AM-4PM | <p data-bbox="305 667 1208 703"><b>5. Introduction to Cognitive Therapy II: Going Beyond the Basics</b></p> <p data-bbox="305 741 1511 938">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.</p> <p data-bbox="305 976 1409 1014"><b>Workshop Leader:</b> Dennis Tirch, PhD, American Institute for Cognitive Therapy</p>  |
| May 8, 2010<br><br>10AM-4PM    | <p data-bbox="305 1060 659 1096"><b>6. CBT for Chronic Worry</b></p> <p data-bbox="305 1134 1511 1365">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.</p> <ol data-bbox="318 1402 992 1633" style="list-style-type: none"> <li>1. Distinguish Productive from Unproductive Worry</li> <li>2. Accept Reality and Commit to Action</li> <li>3. Challenge worried thinking</li> <li>4. Identify and modify core beliefs underlying worry</li> <li>5. Turn failure into opportunity</li> <li>6. Use emotions rather than worry about them</li> <li>7. Put time on your side.</li> </ol> <p data-bbox="305 1671 1511 1768">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.</p> <p data-bbox="305 1839 1451 1877"><b>Workshop Leader:</b> Robert L. Leahy, PhD, American Institute for Cognitive Therapy</p> |

Date

Workshop

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May 15,  
2010

## 7. Cognitive Behavioral Therapy for Obsessive Compulsive Disorder

10AM-4PM

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 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
- Target and monitor the different symptoms that will be treated
- 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 resolving the different cognitive distortions and schemas observed
- 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
- Response prevention: how to block rituals in OCD patients.

The goal of the workshop is to 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.

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

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| Date            | Workshop   |
|-----------------|--|
| May 22,<br>2010 | <p><b>8. Building a Foundation in Acceptance and Mindfulness in CBT</b></p> <p>After decades of advancing research in the alleviation of human suffering, cognitive and behavioral researchers have recently developed ways to leverage the simple act of accepting our experiences fully, in the present moment, to move psychotherapy in increasingly effective directions. Acceptance based processes lead us to an intentionally open, receptive, and nonjudgmental relationship to our thoughts and emotions. This acceptance can be fostered through a number of methods, including mindfulness. Mindfulness can be said to be the cultivation of attention to the present moment with an emergent nonjudgmental perspective.</p> <p>Unlike previous workshops at AICT, the primary focus of this Saturday workshop will involve an instructional and experiential introduction to the concept of radical acceptance.</p> <p>In addition to education in the underlying philosophy and theory involved in acceptance-based approaches to CBT, specific techniques will be addressed to facilitate the cultivation of; mindfulness, contact with the present moment, willingness to endure difficult emotions, emotion regulation skills, and the authorship of valued directions in one's life/</p> <p>These cognitive-behavioral techniques remain evidence-based and solution focused, yet they address some of the deepest and most significant aspects of being alive.</p> <p>This one day workshop will provide an overview of acceptance based techniques, drawn from ACT, MBCT and other sources, including "hands-on" training in innovative methods for training in mindfulness meditation.</p> <p><b>Workshop Leader:</b> Dennis Tirsch, PhD, American Institute for Cognitive Therapy</p> |

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## Workshop Presenters

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**Ilyse Dobrow DiMarco, Ph.D., Clinician, Director of Eating Disorders and Weight Management Program** (B.A., Yale University, Ph.D. Rutgers University) received her B.A. summa cum laude from Yale University and her Ph.D. in clinical psychology from Rutgers University. She completed a pre-doctoral internship at Montefiore Medical Center and continued to work there post-internship as an Attending Psychologist. Dr. Dobrow DiMarco has received extensive training in cognitive behavioral therapy for adults and specializes in the treatment of anxiety disorders and eating disorders. She also has experience treating mood disorders and relationship difficulties. She is trained in both Dialectical Behavior Therapy and Motivational Interviewing. Dr. Dobrow DiMarco has authored chapters and articles in the field of eating disorders and presented her work at numerous national conferences. Most recently, Dr. Dobrow DiMarco published her dissertation study, which found that adding a motivational intervention to a standard behavioral obesity treatment program enhanced treatment outcomes. Dr. Dobrow DiMarco created the treatment manual for the motivational intervention and supervised therapists working on the study. Dr. Dobrow DiMarco currently supervises psychology trainees and has taught classes on cognitive-behavioral therapy, the treatment of eating disorders, and social psychology.

**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 Past-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](http://PsychologyToday.com).

**Lata K. McGinn, PhD, Yeshiva University, Ferkauf Graduate School of Psychology**, ([lmcginn@aecom.yu.edu](mailto:lmcginn@aecom.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 the area of anxiety and depressive disorders, has published numerous articles and chapters, and has written a book on the Cognitive Behavior Treatment of Obsessive Compulsive Disorder. She is a founding fellow of the Academy of Cognitive Therapy and serves on the executive board of the International Association of Cognitive Psychotherapy. Dr. McGinn also lectures widely, conducts seminars and workshops worldwide, and maintains a private practice in Manhattan, NY and a group practice in Westchester, NY.

**Simon A. Rego, PsyD, ABPP, ACT, Director of Clinical Training** at the American Institute for Cognitive Therapy is Board Certified in Cognitive Behavioral Psychology by the American Board of Professional Psychology, has extensive training and expertise in the treatment of BFRDs, and has presented and published on the topic. Simon A. Rego, PsyD, ABPP, ACT, is an Assistant Clinical Professor in the Department of Psychiatry and Behavioral Sciences at Albert Einstein College of Medicine. He has been featured as an expert in many national media outlets including CNN's American Morning, ABC's Good Morning America NOW, CBS's Eye on New York, ABC's Eyewitness News, AM New York, Newsday, Financial Times of London, MSNBC.com, WebMD.com, Weightwatchers.com, and HealthDay.com.

**Dennis D. Tirch PhD, Associate Director and Director of the OCD Treatment Program**, (PhD, Fairleigh Dickinson University). Throughout his clinical experience, Dr. Tirch has specialized in the treatment of depression, mood disorders, anxiety, trauma, addictions, stress management, and relationship problems. His internship and post-doctoral residency at the Veterans' Affairs Medical Center in Bedford, MA., where he served as the Assistant Director of the Bedford Cognitive Behavioral Therapy (CBT) Center, co-authored articles based on research supported by the National Institute of Mental Health, and developed the "Continual Awareness" mindfulness-meditation based group therapy for trauma survivors. He has co-authored several journal articles and book chapters concerning CBT principles, and has presented research in the USA and Europe. As an educator, Dr. Tirch serves as an Adjunct Associate Professor and Clinical Supervisor at Albert Einstein Medical School, an instructor to psychiatric residents at New York Medical College, and regularly conducts CBT training seminars for healthcare professionals. He has also delivered a week long intensive training in CBT to psychiatrists at the Beijing Suicide Research and Prevention Center in China. Dr. Tirch is currently co-authoring a book on emotion regulation, involving his research interest in the integration of CBT with various meditation techniques. Dr. Tirch is a Certified Cognitive Therapist and Fellow of the Academy of Cognitive Therapy.

## 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

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](http://www.CognitiveTherapyNYC.com) for information about our staff, services and training opportunities. The Institute was founded and is directed by Dr. Robert Leahy.