

Advanced Applications in Cognitive Therapy

A FOUR-DAY INTENSIVE TRAINING

WITH

David D. Burns, MD

Author of the Phenomenal Best-Seller
Feeling Good: The New Mood Therapy

July 27-30, 2010 : S. San Francisco, CA

"A gifted, riveting speaker with tremendous content. If I could choose only one seminar to attend this year it would be led by David Burns."

—Hugh L. Baras, Ph.D., Stanford University Medical School

Earn 32 CE/CME Credits

Advanced Applications in Cognitive Therapy

A FOUR-DAY INTENSIVE TRAINING

WITH
David D. Burns, MD

- Powerful transdiagnostic treatment techniques
- Strictly limited in size
- Abundant opportunities for dialogue, case consultation and brainstorming
- Highly trained professional associates will assist to maximize personal attention and coaching
- Includes four working luncheons

“Dr. Burns is a master clinician whose work represents the state of the art in evidence-supported treatment interventions.”

— Anthony Mascola, MD, Stanford University Medical Center



Contact IAHB @ www.iahb.org

Institute for the Advancement of Human Behavior
4370 Alpine Road, Suite 209
Portola Valley, CA 94028

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REGISTRATION FORM (INTENSIVE) BUI0B

Name _____ Degree _____

Company _____

Address _____

City _____ State _____ Zip _____

Phone (____) _____ Fax (____) _____

Email Address (for confirmation) _____

Profession _____ License(s)# _____

REGISTRATION FEE OF \$750 (\$850 after 7/15/10 if space is available) may be paid by:

Check payable to IAHB or Credit Card (Visa, MasterCard, American Express or Discover)

Card # _____ Exp. Date ____/____/____ CVV# _____

Cardholder name _____

Signature _____

July 27-30, 2010

S. San Francisco Conference Center

255 S. Airport Blvd
S. San Francisco, CA 94080
(650) 877-8787

• See Web for recommended hotels close to the conference center

REGISTRATION FEES

\$750 Early Registration

\$850 Late Registration (Postmarked after 7/15/10)

_____ TOTAL PAYMENT ENCLOSED (U.S. funds)
Payment must accompany registration.

CANCELLATIONS: Requests must be in writing. Refunds will be given on requests postmarked no later than 7 days prior to the workshop. A \$35 per person processing fee will be deducted from all cancellations. No credit will be issued within 7 days of the workshop. If IAHB cancels a workshop, tuition will be refunded in full.

GUARANTEE: If by the first morning break, you are not satisfied, inform the coordinator, turn in all materials and write to IAHB requesting a refund. Your money will be refunded upon receipt of your written request.

MAIL COMPLETED FORM TO:

IAHB | 409 Mendocino Ave Ste. E | Santa Rosa, CA 95401

REGISTER BY PHONE, FAX OR ONLINE:

PHONE (800) 258-8411 | FAX (707) 566-7474 | www.iahb.org



Advanced Applications in Cognitive Therapy

A FOUR-DAY INTENSIVE TRAINING

PRESENTED BY

David D. Burns, MD

- State-of-the-art treatment and training techniques
- Strictly limited in size
- Individualized practice, training and feedback
- Four intensive, hard-working days that can transform your clinical practice

July 27-30, 2010

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255 S. Airport Blvd
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WORKSHOP DESCRIPTION AND OBJECTIVES

This intensive training experience is designed to help you become a better therapist. You and a select number of highly motivated healthcare professionals will receive at least 32 hours of training and personal coaching in the latest psychotherapy techniques. Lectures and demonstrations by a master therapist followed by the opportunity to practice the techniques with your colleagues will leave you with a deeper, richer appreciation of the practice of psychotherapy as well as a variety of specific tools you'll be able to use immediately in your own work.

At the conclusion of this workshop, you'll be better able to:

- **Implement** a wide variety of specific and highly effective clinical interventions
- **Pinpoint** and modify deeply held beliefs and schemas
- **Describe** the importance of a transdiagnostic, patient-centered approach to cognitive therapy
- **Diagnose** and reverse the most common types of therapeutic resistance
- **Use** your own vulnerabilities and shortcomings to increase your therapeutic effectiveness
- **Demonstrate** how "radical acceptance" can trigger profound change
- **Utilize** potential relapses to deepen therapeutic change

SESSION SCHEDULE

TUESDAY - JULY 27

7:30 am - 8:30 am	Registration
8:30 am - 12:00 noon	Session
12:00 noon	Lunch (included)*
1:00 pm - 4:30 pm	Session
6:30 pm - 9:00 pm	Session

WEDNESDAY - JULY 28

8:00 am - 12:00 noon	Session
12:00 noon	Lunch (included)*
1:00 pm - 5:00 pm	Session

THURSDAY - JULY 29

8:00 am - 12:00 noon	Session
12:00 noon	Lunch (included)*
1:00 pm - 5:00 pm	Session

FRIDAY - JULY 30

8:00 am - 12:00 noon	Session
12:00 noon	Lunch (included)*
1:00 pm - 3:30 pm	Session

* **Registration fee** Includes at least 32 hours of training as well as 4 working luncheons shared with David Burns and his associates.

Please see www.iahb.org/intensive for a more detailed description of this seminar, its learning objectives, and a detailed course agenda.

If you are physically challenged and have special needs, please contact IAHB as soon as possible. All meeting rooms are wheelchair-accessible.

Taping of this workshop is not permitted.

A SPECIAL INVITATION

I'm delighted to be offering an intensive training in San Francisco this summer, and hope you'll be able to join us. The intensive will differ from my two-day workshops in several ways. First, the number of participants will be strictly limited, leading to a more intimate learning environment.

Second, after I describe and illustrate a technique, such as the Interpersonal Downward Arrow, Relationship Journal, Externalization of Voices or Acceptance Paradox, you'll have the opportunity to practice and master that technique with personal guidance from me and/or one of several highly trained associate leaders.

Third, you'll have the chance to work on some of your own issues as part of the learning process if you choose to do so. Although this will not be a therapy group, the "patient" experience can make these techniques far more meaningful, and will make you a more sensitive and effective clinician.

Fourth, you'll learn how to treat a broad range of clinical problems, including depression, anxiety, relationship problems, and more – both alone and in combination. This transdiagnostic approach is important because patients rarely come to us with one specific problem, but nearly always suffer in many different ways. We need a broad range of tools if we are to treat the whole person, and not just an isolated symptom.

Finally, we'll work hard, have meals together each day, and probably share both laughter and tears as we learn. Intensives have consistently been the most vibrant and inspirational teaching experiences I've ever had. I warmly invite you to join us. I'll do everything I can to make this one of the best learning opportunities of your career, and look forward to meeting you in July!

— DAVID BURNS, MD

PS - *Special opportunity at this program only.* I will be assisted in this workshop by several highly trained professional associates. Each is an exceptional clinician/trainer and is intimately acquainted with my work. Though I will do all the actual teaching, their presence will greatly expand the amount of personal coaching and direction you will receive.

David D. Burns, M.D. is an Adjunct Clinical Professor Emeritus of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. He has served as Visiting Scholar at Harvard Medical School and Acting Chief of Psychiatry at the Presbyterian / University of Pennsylvania Medical Center. His best-selling books, *Feeling Good* and *Feeling Good Handbook* have sold over five million copies worldwide and are the books most frequently recommended by American and Canadian mental health professionals for patients suffering from depression. His latest books,

When Panic Attacks and *Feeling Good Together*, illustrate new approaches to the treatment of anxiety disorders and interpersonal conflict. Dr. Burns has won many awards for his research and teaching.

The graduating residents at the Stanford Medical School have named him "Teacher of the Year" on three occasions.



CONTINUING EDUCATION

The Institute for the Advancement of Human Behavior (IAHB) has been approved to offer 32 hours of continuing education and continuing medical education (except where otherwise noted) by the following:

ALCOHOLISM & DRUG ABUSE COUNSELORS: Approved by the National Association of Alcoholism and Drug Abuse Counselors Approved Provider Program (NAADAC Approved Education Provider #187) for 32 CEHs. Provider approved by CAADAC, Provider #45-86-074-0111 an ICRC member which has reciprocity with most ICRC member states, for 32 CEHs.

CEAPS: This course has been submitted to the Employee Assistance Certification Commission (EACC) in Domain III for 32 PDHs. EACC approval # pending.

COUNSELORS and MFTs: IAHB is an NBCC Approved Continuing Education Provider (ACEP™) and may offer NBCC approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. (NBCC Provider #5216). IAHB is approved by the Illinois Department of Professional Regulation (Provider #168-000119). This course meets the qualifications for MFTs as required by the California Board of Behavioral Sciences (Provider # PCE 36). IAHB has been approved by the Texas Board of Examiners of Marriage and Family Therapists to provide CE offerings for MFTs. Provider Number 154.

Nurses: IAHB is an approved provider of continuing nursing education by the Utah Nurses Association, an accredited Approver by the American Nurses Credentialing Center's Commission on Accreditation. (UNA=32.5 CEHs. Provider Code P09-03). Provider approved by the California Board of Registered Nursing. (IBRN Provider CEP#2672) for 32 CEHs.

PHYSICIANS: The Institute for the Advancement of Human Behavior (IAHB) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. IAHB designates this educational activity for a maximum of 32 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: IAHB is approved by the American Psychological Association to sponsor continuing education for psychologists. IAHB maintains responsibility for this program and its content.

SOCIAL WORKERS: This course meets the qualifications for LCSW's as required by the California Board of Behavioral Sciences (IAHB Provider #PCE-36). Co-Sponsor with R. Cassidy Seminars, ACE Provider #1082 approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) Program. Approval Period: April 15, 2009-April 15, 2012. R. Cassidy Seminars maintains responsibility for the program. Social workers should contact their regulatory board to determine course approval. Social workers will receive 32 continuing education clinical social work clock hours for participating in this course.

Note: Many state boards accept offerings accredited by national or other state organizations. If your state is not listed, please check with your professional licensing board to determine whether the accreditations listed are accepted.

