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 two 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

REGISTRATION FORM  S. San Francisco, CA - August 6-9, 2013

Name ________________________________________________________ Degree ________________________
Company ____________________________________________________________________________________
Address _____________________________________________________________________________________
City ____________________________________________________ State __________ Zip __________________
Phone (________)_______________________________ Fax (________)__________________________________
Email Address (for confirmation) __________________________________________________________________
Profession ______________________ License(s) #_______________________________

REGISTRATION FEE OF $750 ($850 after 7/23/13 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_____________________________________________________________________________________

MAIL COMPLETED FORM TO:
IAHB | P.O. Box 5710 | Santa Rosa, CA 95402
REGISTER BY PHONE, FAX OR ONLINE:
PHONE (800) 258-8411 | FAX (707) 566-7474 | www.IAHB.org

August 6-9, 2013 : S. San Francisco, CA

With

David D. Burns, MD

Advanced Applications in Cognitive Therapy

A FOUR-DAY INTENSIVE TRAINING

INSTITUTE FOR BETTER HEALTH
A Division of IAHB Inc.

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

REGISTRATION FEES
☐ $750 Early Registration
☐ $850 Late Registration (Postmarked after 7/23/13)

TOTAL PAYMENT ENCLOSED (U.S. funds)

CANCELLATIONS: Requests must be in writing. Refunds will be given on requests postmarked no later than 7 days prior to the workshop. A $50 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.
**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**

<table>
<thead>
<tr>
<th>Tuesday - August 6</th>
<th>Wednesday - August 7</th>
<th>Thursday - August 8</th>
<th>Friday - August 9</th>
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</thead>
<tbody>
<tr>
<td>7:30 am - 8:00 am</td>
<td>8:00 am - 12:00 noon</td>
<td>8:00 am - 12:00 noon</td>
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<tr>
<td>Registration</td>
<td>Session</td>
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<td>Lunch</td>
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<td>8:00 am - 12:00 noon</td>
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<td>Lunch</td>
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<tr>
<td>Lunch (included)**</td>
<td>1:00 pm - 4:30 pm</td>
<td>1:00 pm - 4:30 pm</td>
<td>Lunch</td>
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<tr>
<td>6:30 pm - 9:00 pm</td>
<td>Session</td>
<td>6:30 pm - 9:00 pm</td>
<td>1:00 pm - 3:30 pm</td>
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</tbody>
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* Registration fee includes at least 32 hours of training as well as 2 working lunches shared with David Burns and his associates.

**Taping of this workshop is not permitted.**

**CONTINUING EDUCATION**

The Institute for the Advancement of Human Behavior (AIHB) has been approved to offer 12 hours of continuing education and continuing medical education (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 #17167) for 32 CEUs. Provider approved by CHAP/CAADAC, Provider #6311 for 32 CEUs. CAADAC is anPartner which has reciprocity with most CRC number states.

- **CEAP**: This course has been submitted to the Employee Assistance Certification Commission (EAAP/CEAP) in Oregon for 12 PMHCEs. Approval Pending.

**COUNSELORS**: AIHB is an NBCC Approved Continuing Education Provider (ACEPTM) and may offer NBCC approved clock hours for events that meet NBCC requirements. The NBCC is responsible for the program’s content.

- **Counselors**: AIHB is a CBPA approved provider for a maximum of 30 CEUs approved by the California Board of Behavioral Sciences (Provider PCE-36). As an approved continuing education provider for the Texas State Board of Social Workers, AIHB offers continuing education for Texas licensed social workers in compliance with the rules of the board. License No. 10764, 10418, 10765, 10567, 10766, 10566. AIHB is in-sponsor with C-FaCility, a continuing education provider approved by the California Board of Registered Nursing, Provider #CN19097. This course meets the criteria for 32 hours of continuing education by the American Nurses Credentialing Center’s Commission on Accreditation.

**PHYSICIANS**: The Institute for the Advancement of Human Behavior (AIHB) is accredited by the Accreditation Council for Continuing Medical Education (ACCMC) to provide continuing medical education for physicians. AIHB designates this activity for a maximum of 12 AMA PRA Category 1 Credit™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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

**SOCIAL WORKERS**: This course meets the requirements for CEUs approved by the California Board of Behavioral Sciences (Provider PCE-36). As an approved continuing education provider for the Texas State Board of Social Workers, AIHB offers continuing education for Texas licensed social workers in compliance with the rules of the board. License No. 10764, 10418, 10765, 10567, 10766, 10566. AIHB is in-sponsor with C-FaCility, an approved 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 1, 2018 to March 31, 2021. R. Cassidy Seminars maintains responsibility for the program. Social workers should contact their regulatory boards 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 offerings listed are accepted.

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**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 trans-diagnostic 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, and probably share both laughter and tears as we learn. Intensives have consistently been the most vibrant and inspiriting 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 at August!

— 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. I will do all the actual teaching, their presence will greatly expand the amount of personal coaching and direction you will receive.

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**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**

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**ADVANCED APPLICATIONS IN COGNITIVE THERAPY**

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.