



Invites you to the...

## Intensive Cognitive Behavioral Therapy Series

### **Basics of Cognitive Behavioral Therapy** **February 16 & 17, 2012**

Eastpointe—514 E. Main St., Beulaville, NC, 28518

**\*\*This program is a prerequisite for the other CBT programs provided in this series. You must take this course or have previously taken this course in order to attend *Advanced CBT for Adults* or *Beyond the Basics of CBT*.**

#### **PURPOSE**

Cognitive behavior therapies are actually a group of approaches that have been studied scientifically and demonstrated evidence that they are effective. Over the last 50 years, CBT has evolved from its origins in classical conditioning to its more recent emphasis on mindfulness and acceptance-based intervention.

#### **TARGET AUDIENCE**

Psychologists, Counselors, Social Workers, Substance Abuse Counselors, QPs, and Case Managers

#### **OBJECTIVES**

Upon completion of this workshop, participants will be able to:

- Relate the historical context and development of CBT
- Discuss the scientific evidence that supports CBT
- Describe the core principles of CBT
- Create an effective treatment plan using a CBT case conceptualization
- Apply the key components of CBT for effective clinical practice

#### **AGENDA**

Day 1:

8:30a Registration  
9:00a I. What's All the Fuss About CBT  
II. The Three Waves of CBT  
A. Behavior Therapy  
B. Cognitive Therapy  
C. The "Third Wave"  
12:00p Lunch (provided)  
12:30p III. CBT in Practice  
A. Assessment  
B. Case Formulation  
C. Interventions  
4:30p Adjourn

Day 2:

8:30a Registration  
9:00a I. Disorders of Child Hood and Adolescence  
1. Anxiety/Depression/Bipolar  
2. Trauma  
3. School Refusal  
12:00p Lunch (provided)  
12:30p I. Disorders of Child...Continued  
4. ADHD/ODD/Conduct Disorder  
5. Substance Abuse  
II. Applying to Case Examples  
4:30p Adjourn

#### **Faculty**

**Christian F. Mauro, PhD**, Assistant Clinical Professor of Psychiatry and Behavioral Sciences; Division of Medical Psychology-Duke University Medical Center.

### **Advanced CBT for Adults** **March 15 & 16, 2012**

[Click Here for More Information](#)

### **Beyond the Basics of CBT** **April 12 & 13, 2012**

[Click Here for More Information](#)

**Registration fee:** Eastpointe has paid for their staff to attend (registration for staff must be faxed or mailed in); Eastpointe Providers \$80.00; Others: \$150.00

**Payment methods:** Full payment must accompany your registration. Payment may be in the form of: cash, check (payable to SEAHEC), SEAHEC voucher, Visa or MasterCard.

In Person or by Mail: **2511 Delaney Ave.  
Wilmington, NC 28403**

By Fax (credit card only): **866-734-4405**

Online (credit card only): [www.seahec.net](http://www.seahec.net)

**Registration Deadline:** One week prior to course date.

[CLICK HERE TO REGISTER ONLINE](#)

**Refunds/Cancellations:** If notification is received at least two business days prior to the start date, you may choose one of the following:

- ▶ Receive a refund, minus a 30% processing fee;
- ▶ Provide us with the name of a substitute who will attend the program in your place;
- ▶ Receive a voucher for 100% of the amount, valid toward any SEAHEC program within one year.

**ADA Statement:** If you have any question concerning accessibility or special needs assistance, please call 910-667-9330.

**Credit:**

- 12 Contact Hours (includes credit for Social Workers and Licensed Professional Counselors)
- Category A NC Psychology Credit: This program will provide 12 contact hours of (Category A) continuing education for North Carolina Psychologists. No partial credit will be given.
- National Board for Certified Counselors Credit (NBCC) 12 hours: SEAHEC is recognized by the National Board for Certified Counselors to offer continuing Education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines (Provider #5597).
- Awaiting approval for Substance Abuse credit.

Please make sure SEAHEC has your current e-mail address on file.

Course Material, Evaluations, and Certificates of Completion will be provided electronically via your e-mail address.

If you do not receive an e-mail from us **3 days prior to the program** please contact us immediately because you will not receive any information regarding the program, including handouts and evaluations.

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## SEAHEC REGISTRATION FORM

Course Name: Basics of Cognitive Behavioral Therapy Date: February 16 & 17, 2012  
Course #: M35308

Registration Fee:  EP Employee: \$0  EP Provider: \$80.00  Other: \$150.00

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Last 4 Digits of SS#: \_\_\_\_\_ Degree/Cert: \_\_\_\_\_

IN ORDER TO RECEIVE ALL COURSE NOTIFICATIONS AND MATERIALS, PLEASE PROVIDE A PREFERRED EMAIL ADDRESS. THANK YOU!

Preferred E-Mail Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Home Address: \_\_\_\_\_

Home City/State/Zip: \_\_\_\_\_

Workplace/Dept: \_\_\_\_\_

Work Address: \_\_\_\_\_

Work City/State/Zip: \_\_\_\_\_

Payment Method (if applicable):  Cash  Check  Voucher  VISA  Master Card

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