Only $175 for a three-day certification seminar!

Rational Hypnotherapy
Intensive Certification Seminar
July 15 - 17, 2009

Advanced Rational Hypnotherapy
Intensive Certification Seminar
September 9 - 11, 2009

Presented by....
Aldo R. Pucci, Psy.D.

ALDO R. PUCCI, Psy.D., DCBT, is president of the National Association of Cognitive-Behavioral Therapists (www.nacbt.org) and founder of the Rational Living Therapy Institute (www.rational-living-therapy.org). Dr. Pucci developed the very systematic, comprehensive cognitive-behavioral approach known as Rational Living Therapy. He has trained thousands of mental health professionals throughout the US in his technique.

Dr. Pucci's Rational Living Therapy approach is the main therapeutic technique for the national adolescent treatment program, VisionQuest. Additionally, the Centers for Disease Control and Prevention selected Rational Living Therapy for its smoking cessation program. He is the author of two books, *The Client's Guide to Cognitive-Behavioral Therapy* and *Feel the Way You Want to Feel ... No Matter What!* He has been interviewed for articles in many publications, including the *Oprah* magazine and *Money* magazine.

Dr. Pucci obtained a B.A. in psychology from West Liberty State College, an M.A. in clinical psychology at Radford University and completed his graduate training at Virginia Tech, California Southern, and the Graduate Theological Foundation, where he obtained his Psy.D. degree.

Sponsored by the...
National Association of Cognitive-Behavioral Therapists
Approved continuing education provider:
National Board for Certified Counselors
Ohio Counselor & Social Worker Board
National Ass. Alcohol & Drug Abuse Counselors Pennsylvania. SW, MFT, and Counselors Pennsylvania State Board of Psychology

Pittsburgh, PA
20 Miles West of the Pittsburgh International Airport

RLT Institute / NACBT Headquarters
203 Three Springs Drive, Suite 4
Weirton, WV 26062
1-800-853-1135
Rational Hypnotherapy
Intensive Certification Seminar
July 15-17, 2009

Earn 18 Contact Hours!

**Prerequisite:** Graduate Degree in Mental Health Field or Current Graduate Student in Mental Health Field  
*There are no training prerequisites.*

**Question:** Why utilize hypnotherapy in the practice of psychotherapy?

**Answer:** Hypnotherapy is another technique to help people change the way they think. The difference between it and conventional psychotherapy, though, is that with hypnotherapy, believability is irrelevant in terms of treatment outcome. When in a deep state of hypnosis, the client is not required to believe a word you say for the suggestions to become integrated into his / her manner of thinking! Secondly, some thoughts are acquired through accidental hypnosis.

Can you learn hypnotherapy in three days? Certainly! Rational Hypnotherapy is a very straight-forward approach that is consistent with cognitive-behavioral therapy, and attendees become competent and effective in only three days. Of course, it takes practice to develop a smooth delivery.

<table>
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<tr>
<th><strong>Day One</strong></th>
<th><strong>Day Two</strong></th>
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<tr>
<td><strong>What is Hypnosis?</strong> Learn what hypnosis is and why common definitions are problematic.</td>
<td><strong>Testing for Depth.</strong> How do you know when the patient is ready for therapeutic suggestions? This seminar will show you how to test for depth.</td>
<td><strong>Drug &amp; Alcohol Treatment.</strong> Learn how to apply hypnotherapy to help a person to rid him/herself of addiction. You will learn how to provide suggestions for relaxation and well-being to replace the discomfort of withdrawal.</td>
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<td><strong>A Hypnosis Demonstration.</strong> Your instructor will demonstrate a complete hypnotherapy session from induction, to deepening, to therapy, to termination.</td>
<td><strong>Therapy.</strong> Learn how to develop and deliver hypnotherapeutic suggestions for a wide variety of problems, including anxiety, panic, phobias, depression, anger, smoking, obesity, substance abuse, compulsions, sexual disorders. Case examples will be presented, and attendees will have the opportunity to present their case examples.</td>
<td><strong>Conversational Hypnosis.</strong> Learn how to provide indirect suggestions that will set the stage for success. This is especially helpful for resistant clients.</td>
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<td><strong>Why and How Hypnosis Works.</strong> Learn what happens during hypnosis that encourages change in cognition, emotion, and behavior.</td>
<td>Attendees will engage in practice sessions and the instructor will provide feedback.</td>
<td><strong>Using Metaphors.</strong> Metaphors are helpful when clients have difficulty visualizing during hypnotherapy sessions and to work around resistance.</td>
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<td><strong>Induction / Deepening Techniques.</strong> Learn how to induce and deepen the hypnotic state, thus preparing the client for therapeutic suggestions. Attendees will engage in practice sessions and the instructor will provide feedback.</td>
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Seminars Information

Seminar Daily Schedule: For both seminars, Day-One sign-in / registration is from 7:30 a.m. to 8:30 a.m. A continental breakfast is provided during the morning session each day. The schedule for each day is:

8:30 a.m. -- Seminar Begins
10:00 a.m. -- Morning Break
12:00 p.m. - 1:00 p.m. -- Lunch (on own)
2:00 p.m. -- Afternoon Break
4:00 p.m. -- Adjourn

Continuing Education: The National Association of Cognitive-Behavioral Therapists is an approved provider of continuing education credits for the National Board of Certified Counselors (NBCC) (Provider Number: 5742). The NACBT is approved by the Ohio Counselor and Social Worker Board to provide CE credits for Ohio Counselors and Social Workers (Provide Number: RCS070805).

The NACBT is also an approved CE provider for the National Association of Alcohol & Drug Abuse Counselors (NAADAC), as well as the Pennsylvania Board of Social Workers, MFT, and Counselors, and the Pennsylvania State Board of Psychology. The NACBT maintains responsibility for all programs offered.

Please call the NACBT at 1-800-853-1135 to learn about the status of these applications.

Hotel Discounts: The NACBT has made arrangements with the Holiday Inn of Weirton ($80 per night plus tax – 1-304-723-5522) and the Baymont Inn & Suites of Weirton ($80 per night plus tax -- 304-723-0050). Be certain to ask for the NACBT discount. Rooms have not been reserved for the seminar, so call in advance to make certain that you obtain a room.

Cancellations: Requests must be made in writing. Refunds will be given on requests postmarked no later than 14 days prior to the seminar. The NACBT will issue a credit toward future seminars / workshops for requests postmarked within 14 days of the conference. A $25 per person processing fee will be deducted from all cancellations. If the NACBT cancels the seminar, tuition will be refunded in full. The NACBT assumes no responsibility for any lost income, travel expense, or accommodations expense associated with the cancellation of the conference.

Seminar Location: The Rational Living Therapy -- Level One Certification Seminar and the Rational Hypnotherapy Intensive Certification Seminar will be held at:

Rational Living Therapy Institute / NACBT Headquarters
203 Three Springs Drive, Suite 4
Weirton, WV 26062

Weirton, WV is located in the Northern Panhandle of West Virginia. It is 20 miles west of the Pittsburgh International Airport.

About the National Association of Cognitive-Behavioral Therapists
The National Association of Cognitive-Behavioral Therapists (NACBT) is the premier organization dedicated solely to the promotion, training, and practice of cognitive-behavioral psychotherapy.

For more information, visit http://www.nacbt.org/rlt.htm
**Advanced Rational Hypnotherapy Intensive Certification Seminar**

**September 9-11, 2009**

**Earn An Advanced Hypnotherapy Certification!**

**Prerequisite:** Graduate Degree in Mental Health Field or Current Graduate Student in Mental Health Field

**Successful Completion of the Rational Hypnotherapy Intensive Certification Seminar**

**Question:** Why an advanced hypnotherapy seminar?

**Answer:** After excellent training received from the *Rational Hypnotherapy Intensive Certification Seminar*, attendees often ask to gain even more in-depth knowledge of how to apply Rational Hypnotherapy to various problems and disorders. Attendees also have asked for additional opportunities to practice what was learned during the Rational Hypnotherapy training with guidance from Dr. Pucci. Therefore, Dr. Pucci has put together this excellent training opportunity to honor Rational Hypnotherapists’ requests.

**Hone your Rational Hypnotherapy skills with this excellent three-day seminar.**

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<th>Day One</th>
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<tr>
<td>A Review of Trainees’ Experiences with Rational Hypnotherapy So Far.</td>
<td>Induction Techniques Practice Session. Dr. Pucci will provide feedback on trainees’ technique.</td>
<td>Brief Review of Hypnotherapy Rules. These are the essentials that therapists sometimes forget.</td>
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<td>A Review of the Initial Hypnotherapy Session. Dr. Pucci will review the procedure for the first hypnotherapy session, from induction to deepening, to testing, to therapy, and ultimately to session termination.</td>
<td>Deepening Techniques Practice Session. Dr. Pucci will provide feedback on trainees’ technique.</td>
<td>Practice of an Entire First Session. Dr. Pucci will provide feedback on trainees’ technique.</td>
</tr>
<tr>
<td>A Review of the Second Hypnotherapy Session. Dr. Pucci will review the procedure for the second hypnotherapy session, which is modified for self-hypnosis.</td>
<td>Tests for Depth Practice Session. Dr. Pucci will provide feedback on trainees’ technique.</td>
<td>Advanced Induction Techniques. Attendees will learn new techniques to get the eyes closed and begin the process toward hypnosis.</td>
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<td>Dr. Pucci will provide a hypnotherapy demonstration.</td>
<td>Extensive Practice with Developing Hypnotherapeutic Suggestions Utilizing the Law of Reverse Effect. Trainees will be presented many problematic behaviors, thoughts, and emotional feelings, as well as physical health problems, and attendees will practice developing therapeutic suggestions utilizing the Law of Reverse Effect.</td>
<td>Advanced Deepening Techniques. Attendees will learn new techniques to deepen the hypnotic state and prepare the client for therapeutic suggestions.</td>
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<td>Suggestibility Testing Practice Session</td>
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Registration Form

Register Today One of Four Ways:

- Phone - (800) 853-1135
- Fax - (304) 723-3950
- Mail - NACBT
  P.O. Box 2195
  Weirton, WV 26062
- Online - http://nacbt.americommerce.com

Please select the seminar(s) you wish to attend:

☐ Rational Hypnotherapy
  July 15-17, 2009

☐ Advanced Hypnotherapy
  September 9-11, 2009

Registrant Information

If Registering as a group, list additional attendees:

_________________________________________

Registrant Name (As it will appear on certificate)

_________________________________________

Company

_________________________________________

Street Address

_________________________________________

City    State    Zip

Phone:____________________________________

Continuing Education Seeking

☐ National Board for Certified Counselors  ☐ NAADAC

☐ Ohio SW / Counselor  ☐ PA SW, Counselor, MFT

☐ PA Psychologist

Method of Payment

Amount $_______

☐ Check Enclosed (Payable to NACBT)

Credit Card  ☐ VISA/MC  ☐ AmEx  ☐ Discover

Credit Card Number

Exp. Date

Name on Card

Authorized Signature

Registration Fee

Only $175 for Each Seminar

Because of the very low fee for our trainings, we do not offer discounts of any kind.
Cognitive-Behavioral Therapy Certification Seminars

Only $175 Each!

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