

National Association of Cognitive-Behavioral Therapists 2004 National Conference



Donald Meichenbaum, Ph.D.

**Treatment of Victims: A CB
Constructive Narrative
Perspective -- June 3, 2004**

San Francisco June 3, 4, 5, 6

Sheraton Gateway Hotel
600 Airport Boulevard, Burlingame, CA



Maxie C. Maultsby, Jr., M.D.

**Intensive Level-One
Certification in RBT
June 5-6, 2004**

Three-Day Seminar

Rational Hypnotherapy Intensive
Certification Seminar

Two-Day Seminars

Two-Day Level-One Certification Seminar
in Cognitive-Behavioral Therapy

Intensive Level-One Certification in
Rational Behavior Therapy

Intensive Training in Impact Therapy

One-Day Seminars

Treatment of Victims: A Cognitive-Behavioral
Constructive Narrative Perspective

The Role of CBT in the Treatment of
Cancer and Other Illnesses

Using CBT with Adults with Workplace Anxieties

nCBT: A Unifying Treatment Paradigm. Nonlinear
Chaos Dynamics in Clinical Practice

**Two Hour Seminar: The Clinician's Illusion
by David Burns, M.D.**

Earn up to 28 Continuing Education Contact Hours!

CEU's for Counselors, Social Workers, Psychologists, and Alcohol & Drug Counselors!

General Conference Information

Continuing Education

The 2004 National Conference provides a total of 28 contact hours if one attends the entire conference.

Counselors 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)**.

Psychologists The NACBT is approved by the American Psychological Association (APA) to provide continuing education credits to psychologists. The NACBT maintains full responsibility for all programs offered.

Social Workers The NACBT has applied to the California Board of Behavioral Sciences for approved continuing education provider status for California Licensed Clinical Social Workers. Please telephone the NACBT at 1-800-853-1135 to learn if the conference has been approved by the California Board of Behavioral Sciences.

Marriage & Family Therapists The NACBT has applied to the California Board of Behavioral Sciences for approved continuing education provider status for Marriage & Family Therapists. Please telephone the NACBT at 1-800-853-1135 to learn if the conference has been approved by the California Board of Behavioral Sciences.

Alcohol / Drug Counselors The NACBT is an approved provider of continuing education credits for the National Association of Alcohol & Drug Abuse Counselors (NAADAC).

CEU Certificates Conference attendees who pre-register will receive their continuing education certificates at the conference.

Hotel Reservations Make hotel reservations in advance to insure availability at the Sheraton Gateway Hotel (San Francisco International Airport) at 1-650-340-8500. Be certain to mention that you are attending the NACBT Conference to be eligible for the NACBT discount rate. The NACBT's special discount rate per night is \$99. **Reservations must be made on or before 5/2/2004 to insure availability at the discount rate.**

Discounts National Association of Cognitive-Behavioral Therapists members receive a discount off of the conference price. For information on joining the NACBT, call 1-800-853-1135. Yearly membership rates are \$25 for professionals and \$10 for students.

Group discounts are also available. Please refer to the registration form in this brochure for details.

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 conference, 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.

Bookstore The NACBT will have a bookstore at the conference with the latest in cognitive-behavioral books, self-help products, and practice aids. A wide selection of products will be available. The bookstore is available throughout the conference. The bookstore accepts most major credit cards, as well as personal and company checks.

About the Sheraton Gateway Hotel

Just off the I-101 interstate and three miles from the San Francisco International Airport, the Sheraton Gateway Hotel is convenient to everything! Their central location places them 20 miles from downtown San Francisco and the Moscone Convention Center, and 25 miles from the Silicon Valley and Stanford University. Hotel amenities / services include high-speed Internet access (charge), free shuttle service to / from the San Francisco International Airport, 24-hour fitness facility, jogging path, and excellent restaurants. Attendees can pick up the Bay Area Transit District (BART) shuttle at the airport (with free shuttle service to the airport provided by the Sheraton) and travel to many destinations in the San Francisco area.

Register Today! Simply telephone the NACBT at 1-800-853-1135!

NACBT 2004 National Conference Workshop Information

Thursday, June 3

8:00 a.m.

Sign-in / Registration

9:00 a.m. - 4:30 p.m.
(6 CE Credits)

**Treatment of Victims: A Cognitive-Behavioral
Constructive Narrative Perspective**

By Donald Meichenbaum, Ph.D.

This seminar is open to all conference attendees as there are no other seminars presented concurrently.

Lunch break is from Noon - 1:30 p.m.
(On your own.)

6:00 p.m. - 8:00 p.m.
(2 CE Credits)

The Clinician's Illusion

By David Burns, M.D.

Why haven't we developed a true science of human behavior? Hundreds of schools of psychotherapy are still competing with each other, much like religions or cults. Many therapists are convinced that they've found the one true religion, and discount the work of other practitioners as superficial or ineffective. And yet, the research indicates that the causes of psychiatric problems are still largely unknown, and that most of the current psychological and psychopharmacologic treatments are barely better than placebos, if at all.

Dr. Burns will describe powerful factors that distort our perceptions and lead clinicians and researchers to believe things that simply aren't true. These include therapeutic solipsism, therapeutic narcissism, the placebo effect, the confirmation paradox, the corrupting influence of marketing over science, and others.

Dr. Burns will raise these questions: Do we REALLY know how our patients feel, and how they feel about us? Does it make a difference? How can we find out? Dr. Burns will describe brief, reliable assessment instruments that will allow you to track therapeutic progress with extreme accuracy at every therapy session. These instruments will help you identify the tiniest failures in the therapeutic alliance immediately. This approach requires less than one minute of therapy time, but it can transform your clinical practice almost overnight. It's much like suddenly having an x-ray machine available. You'll be able to see what's really going on inside your patients for the first time, and you can use this information to develop far more effective interventions.

However, there's a price to be paid. The results will often be shocking, and you may have to give up your most cherished notions about how your patients feel, as well as what works and what doesn't, and why.

8:00 p.m. - 10:00 p.m.

Informal Social Gathering. Great opportunity to meet fellow attendees and to network.

NACBT 2004 National Conference Workshop Information

Friday, June 4

Seminar #1

Two-Day Level-One Certification Seminar in Cognitive-Behavioral Therapy (Day One)

9:00 a.m. to 4:30 p.m. (6 CE Credits)

Presenters: Michael Rosenbaum, Ph.D.,
Michael Edelstein, Ph.D., &
Nando Pelusi, Ph.D.

Seminar #2

The Role of CBT in the Treatment of Cancer and Other Illnesses

9:00 a.m. to 4:30 p.m. (6 CE Credits)

Presenters: Mariusz Wirga, M.D.
O. Carl Simonton, M.D.

Seminar #3

Using CBT with Adults with Workplace Anxieties

9:00 a.m. to 4:30 p.m. (6 CE Credits)

Presenter: Rex Gatto, Ph.D..

Seminar #4

Rational Hypnotherapy Intensive Certification Seminar (Day One)

9:00 a.m. to 4:30 p.m. (6 CE Credits)

Presenter: Aldo R. Pucci, DCBT

6:00 p.m. - 7:30 p.m. Association Dinner

\$25 per person. Please register in advance.

Address by NACBT president, Aldo Pucci. Annual Awards Presented.

7:30 p.m. - 9:30 p.m. Panel Discussion featuring the NACBT Advisors

(Two Contact Hours)

Ask the experts your questions about CBT! Maxie Maultsby, Jr., M.D., David Burns, M.D., Michael Edelstein, Ph.D., Michael Rosenbaum, Ph.D., Ed Jacobs, Ph.D., Mariusz Wirga, M.D., Carl Simonton, M.D., Michael DeBernardi, Psy.D.

NACBT 2004 National Conference Workshop Information

Saturday, June 5

Seminar #1

Two-Day Level-One Certification Seminar in Cognitive-Behavioral Therapy (Day Two)

9:00 a.m. to 4:30 p.m. (6 CE Credits)

Presenters: Michael Rosenbaum, Ph.D.,
Michael Edelstein, Ph.D., &
Nando Pelusi, Ph.D.

Seminar #2

Impact Therapy Intensive Training (Day One)

9:00 a.m. to 4:30 p.m. (6 CE Credits)

Presenter: Ed Jacobs, Ph.D.

Seminar #3

Intensive Level-One Certification in Rational Behavior Therapy (Day One)

9:00 a.m. to 4:30 p.m. (6 CE Credits)

Presenter: Maxie Maultsby, Jr., M.D.

Seminar #4

Rational Hypnotherapy Intensive Certification Seminar (Day Two)

9:00 a.m. to 4:30 p.m. (6 CE Credits)

Presenter: Aldo R. Pucci, DCBT

8:00 p.m. - 10:00 p.m. Informal Social Gathering

About the Association Dinner on Friday, June 4

The Association dinner is open to all conference attendees. The price is \$25 per person. Please pre-register for the dinner. Spouses / significant others are welcome as well. The dinner offers chicken along with vegetables, salad, dessert, coffee, and iced tea. NACBT president, Aldo Pucci, will give his annual address, and awards will be presented. The dinner is another great way to meet fellow attendees, as well as presenters.

NACBT 2004 National Conference Workshop Information

Sunday, June 6

Seminar #1

nCBT: A Unifying Treatment Paradigm. Nonlinear Chaos Dynamics in Clinical Practice

9:00 a.m. to 4:30 p.m. (6 CE Credits)

Presenters: Mariusz Wirga, M.D. & Michael DeBernardi, Psy.D.

Seminar #2

Impact Therapy Intensive Training (Day Two)

9:00 a.m. to 4:30 p.m. (6 CE Credits)

Presenter: Ed Jacobs, Ph.D.

Seminar #3

Intensive Level-One Certification in Rational Behavior Therapy (Day Two)

9:00 a.m. to 4:30 p.m. (6 CE Credits)

Presenter: Maxie Maultsby, Jr., M.D.

Seminar #4

Rational Hypnotherapy Intensive Certification Seminar (Day Three)

9:00 a.m. to 4:30 p.m. (6 CE Credits)

Presenter: Aldo R. Pucci, DCBT

Information for Spouses and Family of Attendees

Spouses and loved-ones of attendees who wish to tour the San Francisco area may do so by taking advantage of Super Sightseeing Tours' offers. Super Sightseeing Tours offers a Deluxe City Tour, a Bay Cruise, a tour of Alcatraz, Muir Woods & Sausalito, Wine Country, and Yosemite, as well as a helicopter tour. All tours include pick-up and drop-off at the hotel. Please call for specific hotel pick-up times and tour fees.

Super Sightseeing Tours may be reached at <http://www.supersightseeing.com> or 1-888-868-7788.

NACBT 2004 National Conference Workshop Information



Rational Hypnotherapy Intensive Certification Seminar

Aldo R. Pucci, MA, DCBT

June 4-6, 2004

Become a Rational
Hypnotherapist!

Question: Why utilize hypnotherapy in the practice of cognitive-behavioral 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 has nothing to do with treatment outcome. When in a good 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 learned through accidental hypnosis. When this is the case, hypnotherapy is very useful in helping the client “unlearn” the problematic thoughts.

Day One

What is Hypnosis? Learn what hypnosis is and why common definitions are problematic and misleading.

A Hypnosis Demonstration. Your instructor will demonstrate inductions, deepening techniques, and hypnotherapeutic techniques with a live demonstration. Each step will be demonstrated and explained.

Why and How Hypnosis Works. Learn what happens during hypnosis that encourages change in cognition, emotion, and behavior.

Induction / Deepening Techniques

Learn how to start the hypnosis properly to encourage results. Learn a variety of instant inductions and deepening techniques. Attendees will engage in practice sessions and will be provided feedback from the instructor.

Day Two

Testing for Depth. How do you know when the patient is ready for therapeutic suggestions? This seminar will show you how to test for depth.

Age Regression. Learn how to take a person back to any point in his / her life, whether yesterday, last year, or early childhood and have total recall for any event. Learn why you need not, and will not, uncover traumatic events. Remove the cause of the problems without the patient experiencing trauma.

Therapy. Learn how to apply hypnotherapy to a wide variety of problems, including obesity and smoking. Case examples will be presented. Attendees will have the opportunity to present their case examples.

Attendees will engage in practice sessions and will be provided feedback from the instructor.

Day Three

Drug and Alcohol Treatment. Learn how to apply hypnotherapy to help a person rid him- / herself of addiction. You will learn how to provide suggestions for relaxation and well-being to replace the discomfort of withdrawal.

Conversational Hypnosis and NLP. Learn how to provide indirect suggestions that will set the stage for success. This is especially helpful for resistant clients.

The Use of Metaphors. Metaphors are helpful when clients have difficulty visualizing for traditional, straight-forward hypnotherapy. Additionally, metaphors are helpful for working around resistance.

Attendees will engage in practice sessions and will be provided feedback from the instructor.

NACBT 2004 National Conference Workshop Information

Using CBT with Adults with Workplace Anxieties

Rex Gatto, Ph.D.

June 4, 2004

Who should attend this workshop?

- Anyone who works with Adults with anxiety
- Anyone who works with organizations or businesses
- Anyone who wants to learn a Cognitive–Behavioral approach to dealing with anxiety

Seminar Schedule

9:00 A.M.	Overview of Cognitive-Behavioral Therapy
9:45 A.M.	CBT Counseling outline and practice
10:30 A.M.	Break
10:45 A.M.	Dealing with Irrational Beliefs
1100 A.M.	Keys to CBT Techniques
1130 A.M.	Cognitive Model for Anxiety
12:00 1:00	Lunch
1:00 P.M.	Review Anxiety Disorders
1:45 P.M.	Adaptive and Maladaptive Anxiety
2:00 P.M.	Assessments to Identify Anxiety
2:15 P.M.	Break
3:00 P.M.	Case studies and group practice of CBT techniques
4:00 P.M.	Summary of techniques and conclusion

Rex P. Gatto, Ph.D. is founder and president of Gatto Associates, LLC (GA). Dr. Gatto's practice has been dedicated to helping people in the workplace to enhance productivity through a better understanding of themselves. He has done extensive research in the area of individual working, thinking, personality, leadership, teamwork and communication styles and their impact on the working environment. As a behavioral scientist and counselor he has devoted his energies to helping all levels of business people: CEO's, vice presidents, managers and professionals to have an enriched work life. Dr. Gatto has written five books: A PRACTICAL GUIDE TO EFFECTIVE PRESENTATION, CONTROLLING STRESS IN THE WORKPLACE, TEAMWORK THROUGH FLEXIBLE LEADERSHIP, REFLECTIONS FROM THE WORKPLACE, MENTORING PROCESS FOR THE PROFESSIONAL FIRM and SMART MANAGERS F A Q GUIDE. The books are based on his years of experience working with business people throughout the United States and Canada.

NACBT 2004 National Conference Workshop Information



Treatment of Victims: A Cognitive-Behavioral Constructive Narrative Perspective

Donald Meichenbaum, Ph.D.

June 3, 2004

Epidemiological studies indicate that approximately 50% of psychiatric patients have a history of exposure to trauma and that for many this results in a persistent chronic condition. In this workshop, Dr. Meichenbaum will consider the factors that contribute to both persistent PTSD and Complex PTSD. A Case Conceptualization Model will be offered that informs assessment and treatment planning. An analysis of what “expert” therapists do provides a framework to identify the core tasks of psychotherapy and how they can be employed with PTSD patients. A major focus will be on the development and evaluation of integrative treatments of PTSD and comorbid disorders (e.g., substance abuse, depression/suicide, and personality disorders). Videotape case presentations will be used throughout the workshop to demonstrate interventions.

Workshop Agenda

9:00 a.m. The Nature and Impact of Trauma

- Who Develops PTSD and Complex PTSD
- How to Develop Persistent Chronic PTSD
- Role of Cognitive, Affective, and Behavioral Factors

Trauma and Comorbidity

Case Conceptualization Model: Assessment and Treatment Planning

Ways to Bolster Resilience

10:15 a.m. Break

10:30 a.m. Core Tasks of Psychotherapy: What “Expert” Therapists Do

Videotape Case Presentations

12:00 p.m. Lunch

1:15 p.m. Core Tasks of Psychotherapy

- Role of Therapeutic Alliance, Psychoeducation, Nurturing Hope
- Teaching Coping Skills and Building Generalization
- Role of “Memory Work”
- Cognitive-Behavioral Interventions: New Developments

2:45 p.m. Break

3:00 p.m. Integrative Treatment of PTSD

- Depression and Suicidal Behavior
- Anger/Aggression and Substance Abuse
- Borderline Personality Disorder

Videotape Demonstrations

4:30 p.m. Adjourn

Donald Meichenbaum, Ph.D. is one of the founders of Cognitive Behaviour Modification (CBM), and his book, Cognitive Behaviour Modification: An Integrative Approach is considered a classic in the field. He is the author of several books on the subject of stress and trauma. Meichenbaum is Professor Emeritus, University of Waterloo, Waterloo, Canada, and a clinical psychologist in private practice. He was a recipient of the prestigious Izaak Killiam Fellowship Award administered by the Canada Council. Meichenbaum is Research Director of The Melissa Institute for Violence Prevention and Treatment of Victims in Miami, Florida. In a survey reported in the American Psychologist, North American clinicians voted Dr. Meichenbaum “*one of the ten most influential psychotherapists of the century*”.

NACBT 2004 National Conference Workshop Information

The Role of CBT in the Treatment of Cancer and Other Illnesses

Mariusz Wirga, M.D. **June 4, 2004**
& O. Carl Simonton, M.D.

It is well established that emotional and mental states can significantly influence one's immune system and his or her ability to survive "life-threatening" illnesses. During this workshop, Drs. Mariusz Wirga and Carl Simonton, pioneers in their field, will share their knowledge of the effects of emotions and thinking on one's health, as well as describe a cognitive-behavioral approach to help patients to be in the best position possible to overcome their illnesses. This important workshop is relevant to all practitioners as well all have the potential to be presented with someone who is experiencing a life-threatening illness.

O. Carl Simonton, Director of The Simonton Cancer Center in California, is an internationally acclaimed oncologist, author, and speaker who is best known for his pioneering insights and research in the field of psychosocial oncology. Dr. Simonton developed a model of emotional support for the treatment of cancer patients... an approach that introduced the concept that one's state of mind could influence their ability to survive cancer. As chief of Radiation Therapy at Travis Air Force Base, Dr. Simonton implemented this model. This was the first systematic emotional intervention used in the treatment of cancer -- a program that was approved by the surgeon General's Office in 1973. While in private practice, Dr. Simonton utilized his unique approach for the treatment of cancer patients. A pilot study he conducted from 1974 to 1981, demonstrated an increase in survival time and improvement in quality of life. His early research established the foundation for two widely acclaimed books which he co-authored, Getting Well Again and The Healing Journey.

nCBT: A Unifying Treatment Paradigm. Nonlinear chaos dynamics in clinical practice

Mariusz Wirga, M.D. **June 6, 2004**
& Michael DeBernardi, Psy.D.

Chaos theory teaches us that health and adaptation are innate processes that only require the right environment to flourish. This workshop will teach you to re-conceptualize your understanding of "pathology", recognizing universal patterns at work in all of us, and learn to create the optimal conditions for the growth of our patients and ourselves. Nonlinear dynamics has the potential to dramatically alter the theory and practice of CBT, building on the deep insights that our field has already generated.

Mariusz Wirga, M.D. is Chief of the Dept. of Psychiatry of Las Vegas Medical Center and Clinical Assistant Professor of Psychiatry at the University of New Mexico. Dr. Wirga has received extensive training in CBT from Albert Ellis, Maxie Maultsby, O. Carl Simonton, and Marsha Linehan. Dr. Wirga is experienced in applying nonlinear CBT with persons diagnosed with cancer, as well as AIDS and a wide area of psychiatric problems. He has taught CBT for 15 years. **Michael De Bernardi, Psy.D.** is Director of Adult Psychiatry Division at the Las Vegas Medical Center. Dr. De Bernardi has been trained and worked within a CBT framework for the past 15 years.

NACBT 2004 National Conference Workshop Information

Two-Day Level-One Certification Seminar in Cognitive-Behavioral Therapy (CBT)

Earn a Level-One
Certification in CBT!

Dr. Michael Rosenbaum
Dr. Michael Edelstein
Dr. Nando Pelusi

June 4-5, 2004

This workshop offers an introduction to the fundamentals of Cognitive-Behavioral Therapy (CBT) for practitioners interested in adding this approach to their repertoire of therapeutic skills. Participants will develop an understanding of the principles underlying the practice of CBT and will learn the practical steps used in working with clients. Applications of the CBT process to common emotional disturbances will be presented, in addition to resources for developing CBT skills at a more advanced level. Participants will have the opportunity to practice the skills learned in the morning didactic sessions during peer therapy sessions and will have supervision of these sessions by the workshop presenters in the afternoon.

Workshop Schedule

Friday, June 4 (9:00 a.m. - 12:00 p.m.)

(Dr. Rosenbaum)

Attributes and process of short-term therapy
Goals of a rational philosophy
Basic principles of CBT
Practitioner Variables

(Dr. Edelstein)

Major goals of CBT
Rational vs. irrational beliefs
Negative emotions: Appropriate vs. inappropriate
Practical vs. emotional problems
Secondary emotional disturbance

(Dr. Pelusi)

Philosophy of disputation and trial and error
Identifying the irrational beliefs
The art and science of disputing
Developing rational coping statements

Lunch (12:00 p.m. - 1:00 p.m.)

Peer therapy sessions in dyads (1:00 p.m. - 1:30 p.m.)

Supervision of peer therapy sessions (1:30 p.m. - 4:30 p.m.)

Saturday, June 5 (9:00 a.m. - 12:00 p.m.)

(Dr. Rosenbaum)

The role of homework assignments
How to avoid disturbing yourself about doing
therapy
Applications: Anxiety

(Dr. Pelusi)

The role of biology and evolution in the maintenance
of irrationality
Rational-emotive imagery
Strengthening the client's rational beliefs and
weakening the irrational ones
Applications: Assertiveness and interpersonal skills

(Dr. Edelstein)

Applications: The self-esteem trap
Anger Management
Procrastination
Addictive Behaviors
Depression
CBT Analogies

Lunch (12:00 p.m. - 1:00 p.m.)

Peer therapy sessions in dyads (1:00 p.m. - 1:30 p.m.)

Supervision of peer therapy sessions (1:30 p.m. - 4:30 p.m.)

NACBT 2004 National Conference Workshop Information

Two-Day Certification Seminar in Cognitive-Behavioral Therapy

Requirements

(1) Readings

Three Minute Therapy: Change Your Thinking, Change Your Life (Edelstein) (B166) \$21.95

A Practitioner's Guide to Rational-Emotive Therapy (Walen, DiGiuseppe, & Dryden) (B001) \$34.95

A Primer on Rational-Emotive Therapy for Practitioners (Dryden & DiGiuseppe) (B092) \$11.95

Note: These books are available through the Albert Ellis Institute, 45 East 65th Street, New York, NY 10021.
Call toll-free: 1-800-323-4738

(2) Cassette Recorder

Each participant is required to bring a cassette tape recorder with at least one cassette tape to use during peer therapy sessions and supervision.

Workshop Leaders



Dr. Edelstein

Michael R. Edelstein, Ph.D., is Past President of the Association for Behavioral and Cognitive Therapy and the author of "Three Minute Therapy: Change Your Thinking, Change Your Life." He is in private practice in San Francisco, CA, and is a Fellow and Certified Supervisor in Rational Emotive Behavior Therapy through the Albert Ellis Institute.

Dr. Edelstein serves on the board of advisors of the NACBT.



Dr. Pelusi

Nando Pelusi, Ph.D., is on the Supervisory Faculty of the Albert Ellis Institute and conducts numerous workshops at the Institute. He is an Adjunct Professor of Psychology at St. John's University in New York. Dr. Pelusi practices CBT and REBT in New York City and has appeared on various television and radio stations as a consultant.

Dr. Pelusi serves on the board of advisors of the NACBT.



Dr. Rosenbaum

Michael S. Rosenbaum, Ph.D. has maintained a private practice in Mobile, AL since 1984. He is an Associate Fellow and Certified Supervisor in Rational Emotive Behavior Therapy through the Albert Ellis Institute. In 1999, Rosenbaum was awarded the Diplomate in Cognitive-Behavioral Therapy by the NACBT and serves on its board of advisors.

NACBT 2004 National Conference Workshop Information

Intensive Level-One Certification in Rational Behavior Therapy



Earn a Level-One
Certification in RBT!

Maxie C. Maultsby, Jr., M.D.

June 5-6, 2004

RBT is an ideal cognitive-behavioral therapy because it is comprehensive, short-term, cross-cultural, drug-free, and produces long-term results. It is based on brain functioning research, neuropsychological theories, classical and operant conditioning, learning research, and psychosomatic medicine, thus making RBT a very powerful form of psychotherapy.

Learn Rational Behavior Therapy from its creator, internationally acclaimed psychiatrist and cognitive-behavioral therapy pioneer, Maxie C. Maultsby, Jr! This excellent two-day certification seminar will enable you to begin using Rational Behavior Therapy in your practice immediately. The insights Dr. Maultsby will provide you will prove invaluable to your practice!

Take advantage of this rare opportunity to gain hands-on experience with a pioneer in CBT!

Day One:

9:00 a.m. - 12:00 p.m.

An introduction to Rational Behavior Therapy.

The ABC's of Emotions along with Attitudes and Beliefs

The Five Criteria for Rational Behavior

1:30 p.m. - 4:30 p.m.

Experiential Small Group Training in applying the morning's concepts and techniques supervised by Dr. Maultsby and his assistants.

Day Two:

9:00 a.m. - 12:00 p.m.

The Rational Self-Analysis

Rational Emotive Imagery

1:30 p.m. - 4:30 p.m.

Experiential Small Group Training in applying the morning's concepts and techniques supervised by Dr. Maultsby and his assistants.

Successful seminar participants will receive a beautiful Level-One certificate suitable for framing.

Workshop Leader

Maxie C. Maultsby, Jr., M.D. is professor of psychiatry at Howard University. He is a pioneer in cognitive-behavioral psychotherapy. Dr. Maultsby studied under Albert Ellis in the 1960's and then developed his own form of cognitive-behavioral therapy, referred to as "Rational Behavior Therapy" (RBT). He also conducted pioneering work in the application of CBT to alcohol and other drug problems. Today, RBT is practiced throughout the world. His contributions to client self-help are invaluable.

NACBT 2004 National Conference Workshop Information

Impact Therapy Intensive Training

Ed Jacobs, Ph.D.

June 5-6, 2004

Impact Therapy is an active, creative, multi-sensory counseling approach. It is built mainly on the theory of REBT and Gestalt Therapy. This fast-moving workshop shows how counselors can use Impact Therapy in their work in private practice, schools, colleges, and mental health centers. Therapists will be shown:

- new ways to be creative and active during a session,
- creative techniques using props, chairs, movement, writings and drawings,
- how counseling is more than listening and focusing on feelings. Much emphasis is on getting the client to think, see, and do.

Demonstrations using REBT in creative ways will be presented. Video tapes will be shown showing how much a multi-sensory approach adds to the counseling process. New ways to build rapport and move the session along at a quicker pace will be discussed and demonstrated. Excellent for multi-cultural counseling because of the multi-sensory emphasis.

Ed Jacobs is the coordinator of the masters' program in the Counseling, Counseling Psychology, and Rehabilitation Department at West Virginia University. He received his MA in psychology from the University of Texas at Austin and his Ph.D. in counselor education from Florida State University. Professional publications include 25 articles in books and journals as well as four books on counseling techniques: *Impact Therapy*, *Creative Counseling Techniques: An Illustrated Guide*, *Group Counseling in Correctional Settings*, and *Group Counseling: Strategies and Skills*, which is now in its fourth edition.

Ed is the founder and director of Impact Therapy Associates. He is a nationally certified counselor and a licensed professional counselor in West Virginia and has been in private practice for over 20 years. Each year, Ed presents throughout the United States, Canada, and Europe over 40 workshops on Impact Therapy and group counseling for agencies, school districts, and organizations. Ed is known for his practical, down-to-earth style in both his presentations and his books. He also conducts summer training institutes on Impact Therapy.

Ed is on the advisory board for the National Association for Cognitive-Behavioral Therapists. Ed has been recognized for his outstanding contribution to the group counseling field by being given the Professional Advancement Award and selected as a Fellow in the Association for Specialists in Group Work.

“If you are looking for new, effective methods to get the point across to your clients, attend this seminar!”

**Aldo R. Pucci, MA, DCBT
President, NACBT**

To Register, phone 1-800-853-1135

MasterCard, VISA, American Express, Discover

Please Complete the Form on the Reverse of this Page to Register for the Workshops You Wish to Attend

Conference Registration Form

Rates

Entire Conference (Four Days)

Four-Day Fee: \$325

Join the NACBT for \$25 and receive a \$50 discount on your registration fee!

Three-Day Registration

Three-Day Fee: \$275

Join the NACBT for \$25 and receive a \$50 discount on your registration fee!

Two-Day Registration

Two-Day Fee: \$200

Join the NACBT for \$25 and receive a \$25 discount on your registration fee!

One-Day Registration

One-Day Fee \$125

Join the NACBT for \$25 and receive a \$10 discount on your registration fee!

Group Discounts!

5-9 Registrations: 10% Discount
10+ Registrations: 15% Discount
(Does not include NACBT Dinner)

Mr. Mrs. Ms. Dr.

Name _____

Company _____

Address _____

City _____ State _____ Zip _____

Phone (_____) _____ Fax (_____) _____

Check All That Apply

Four-Day Registration

Member Discount: \$50

Three-Day Registration

Member Discount: \$50

Two-Day Registration

Member Discount: \$25

One-Day Registration

Member Discount: \$10

***Make Check or Money
Order Payable to
NACBT.***

Seminar Fee _____

Membership Fee (+ \$25.00)
(Optional)

Member Discount - _____

NACBT Dinner (+ 25.00)
(Optional)

Total = _____

Mail this form along with your payment to:

**National Association of Cognitive-Behavioral Therapists
P.O. Box 2195 ? Weirton, WV 26062**

Join the NACBT now for only \$25 and receive the member discount instantly! Simply complete the above form!

Workshop Registration Form

Seating is limited. Therefore, register as soon as possible to help insure that you will be able to attend the workshops of your choosing. Please check mark those workshops you wish to attend.

Thursday, June 3, 2004

_____ **Treatment of Victims: A C-B Constructive Narrative Perspective** – D. Meichenbaum, Ph.D. 9:00 a.m. - 4:30 p.m.

_____ **The Clinician's Illusion** – David Burns, M.D. 6:00 p.m. - 8:00 p.m.

Friday, June 4, 2004

Seminar One (Two-Day Seminar)

Two-Day Level-One
Certification Seminar in
Cognitive-Behavioral
Therapy (Day 1)

9:00 a.m. - 4:30 p.m.

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Seminar Two (One-Day Seminar)

The Role of CBT in the
Treatment of Cancer
and Other Illnesses

9:00 a.m. - 4:30 p.m.

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Seminar Three (One-Day Seminar)

Using CBT with Adults
with Workplace Anxieties

9:00 a.m. - 4:30 p.m.

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Seminar Four (Three-Day Seminar)

Rational Hypnotherapy
Intensive Certification
(Day 1)

9:00 a.m. - 4:30 p.m.

[]

_____ **NACBT Dinner** (\$25 per person) – 6:00 p.m. - 7:30 p.m.

_____ **Panel Discussion with NACBT Advisors** – 7:30 p.m. - 9:30 p.m.

Saturday, June 5, 2004

Seminar One (Two-Day Seminar)

Two-Day Level-One
Certification Seminar in
Cognitive-Behavioral
Therapy (Day 2)

9:00 a.m. - 4:30 p.m.

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Seminar Two (Two-Day Seminar)

Intensive Level-One
Certification in
Rational Behavior Therapy
(Day 1)

9:00 a.m. - 4:30 p.m.

[]

Seminar Three (Two-Day Seminar)

Intensive Training in
Impact Therapy
(Day 1)

9:00 a.m. - 4:30 p.m.

[]

Seminar Four (Three-Day Seminar)

Rational Hypnotherapy
Intensive Certification
(Day 2)

9:00 a.m. - 4:30 p.m.

[]

Sunday, June 6, 2004

Seminar One (One-Day Seminar)

nCBT: A Unifying Treatment
Paradigm.
Nonlinear chaos dynamics in
clinical practice

9:00 a.m. - 4:30 p.m.

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Seminar Two (Two-Day Seminar)

Intensive Level-One
Certification in
Rational Behavior Therapy
(Day 2)

9:00 a.m. - 4:30 p.m.

[]

Seminar Three (Two-Day Seminar)

Intensive Training in
Impact Therapy
(Day 2)

9:00 a.m. - 4:30 p.m.

[]

Seminar Four (Three-Day Seminar)

Rational Hypnotherapy
Intensive Certification
(Day 3)

9:00 a.m. - 4:30 p.m.

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