



Dr. Steven Sultanoff
in association with
Psycho-Legal Associates, Inc.
Presents



Practical Applications of Cognitive Therapy

Saturday, February 2, 2013

National University

3390 Harbor Blvd.
Costa Mesa, CA 92626

Workshop: 9 a.m. to 4 p.m. C.E. Hours: 6.0

Have you wondered how to actually apply cognitive therapy concepts to clinical practice? In this workshop you will learn to integrate practical skills and simple interventions that transform CBT theory and philosophy into practice. You will learn the 3 fundamental layers of thinking and how to help clients change negative thinking at each layer. You will also explore pitfalls, mistakes, and “stuck points.”

Many clinicians are unaware of the importance of emotions in CBT. You will learn the significance of emotion and the specific connection between distressing emotions (depression, anxiety, anger, guilt, resentment, etc.) and the underlying distorted thought patterns associated with each emotion. You will experience the difference between conscious and auto-pilot thinking patterns and how to uncover both. You will learn how to help clients identify their personal “operating system” and their behaviors and emotions that evolve out of the auto-pilot, operating system.

The interventions presented include fundamental interventions such as developing thought records, tailoring the process to the client, and scaling, as well as original concepts such as the empathic flip, active versus objectified emotions, and avoiding being trapped before the “comma.”

Steven M. Sultanoff, Ph.D. is a practicing psychologist, university professor (Pepperdine University), consultant, and professional trainer. He has over 25 years of training in CBT including training programs with Albert Ellis and Aaron Beck and 12 years on the staff at the Center for Cognitive Therapy in Newport Beach.

Over the past 13 years he has offered over 300 continuing education seminars for MFT's, psychologists, and social workers. All of his workshops include fundamental material as well as innovative concepts that expand traditional training.

Dr. Sultanoff is currently writing a book on the treatment of anxiety disorders where he outlines precisely why anxiety disorders exist and specifies exactly how they are connected to underlying negative cognitive process.

Continuing Education Details

100% attendance is required to receive course credit.

Psychologists - Psycho-Legal Associates (PLA) is approved by the American Psychological Association to sponsor continuing education for psychologists, and maintains responsibility for this program and its content.
LCSWs & MFTs - This course meets the qualifications for six hours of continuing education credit per day for LCSWs, LEPs, and MFTs as required by the California Board of Behavioral Sciences.

Registration

Register online or by mail

Online Registration: Click: http://store.ceutopia.com/cbt_s/1892.htm

OR

Mail in Registration:

Complete the information below and mail along with a check to the address below.

Early Registration: \$99 <small>For paid registration received on or before Jan 27.</small>	Regular Registration: \$119 <small>For paid registrations from Jan 28-Feb 1.</small>	Late Registration \$129 <small>Paid at-the-door.</small>
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Pre-licensed Interns and Students: Save an additional \$20 off of the registration fees listed above by using coupon code CBT1 and entering your intern registration number and/or graduate school degree program below.

Intern#: _____ Graduate Program: _____

Name: _____ Email: _____

Degree(s): D.S.W. Ed.D. M.A. M.S. M.S.W. Ph.D. Psy.D. R.N. Other: _____

License #(s): LCSW _____ LEP _____ MFC _____ PSY _____ LPCC _____ Other: _____

Mobile #: _____ Work #: _____ Fax #: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Space is limited. To register by mail send a check and this form to:

**Steven M. Sultanoff, PhD
3972 Barranca Pkwy. Suite J-221
Irvine, CA 92606**

(All mail-in registrations will receive an email confirmation)

**For additional information call (714) 665-8801 or
email ssultanoff@cal.berkeley.edu**

Please make all checks out to: Steven M. Sultanoff

**For additional training opportunities check out my website for
live, online, and home study programs: <http://www.MyCEmatters.com>**

Cancellations: For course withdrawals, your refund request must be in writing and postmarked at least 15 days prior to the course date for a refund less a withdrawal fee of \$35. Refunds are issued within 14 days.

Special Needs: If you have a special need, please contact me and advise me of your needs no later than 30 days prior to the event so that I may be able to accommodate you.