

Deliberate Practice Training in Cognitive Therapy and Empathy

Cognitive Therapy

New for 2014:

- ✓ New Handouts and materials
- ✓ New Audio and Video Library

Topics:

- ✓ Linking feelings and thoughts
- ✓ Layers of thinking--automatic thoughts, underlying assumptions, and core beliefs
- ✓ The purposeful nature of behavior
- ✓ Emotions and their underlying thought patterns
- ✓ Challenging Core beliefs
- ✓ Scaling emotions with thinking patterns

Empathy and Tracking

Learn how to . . .

- ✓ Accurately and consistently "connect" to clients in the moment--Tracking
- ✓ Identify and "stay with" emotional process
- ✓ Elicit and reflect emotion
- ✓ Elicit negative thinking associated with emotional distress
- ✓ Differentiate active and objectified emotional experience and expression
- ✓ Utilize empathy to elicit cognitive process
- ✓ Embrace "just listening" as therapeutic

Each training group meets for 2 hours a week for 5 weeks for a total of 10 hours of training

Thursdays 9:30 to 11:30am
or
Fridays 9:30 to 11:30am

Not Sure?
Attend a FREE session
before committing

Trainer:

Steven M. Sultanoff, Ph.D

Licensed Psychologist (PSY 8687); MFT (MFT 16081)

Adjunct Professor, Pepperdine University

11 years on staff at Center for Cognitive Therapy, Newport Beach

Facilitator of experiential training groups for 25+ years

Location:

Irvine or Costa Mesa (near OC Airport)

Registration:

Licensed Professionals \$250 (5 sessions); \$200 (4 sessions)

You must commit to at least 4 of 5 sessions

Pre-licensed/student discount: \$200 flat rate for all 5 sessions

Groups limited to no more than 8 participants.

Earn 10 hours of MFT Continuing Education

This program may count toward licensing hours.

Can't make the times? Let me know. Other times are possible

Trainings for Jan/Feb 2014

Thursdays:
Jan 16, 23, 30
Feb 6, 20
OR
Fridays:
Jan 17, 24, 31
Feb 7, 21

For more information or to enroll:

call: (714) 665-8801 or visit: www.myCEmatters.com

or e-mail: ssultanoff@cal.berkeley.edu