

CBT--Core Belief, Experiential Training

Core Belief Therapy

In CBT Core Beliefs are central to emotional distress

Core Beliefs generate emotion and behavior

Topics:

- ✓ Using the downward arrow to identify core beliefs—Examining the “What if’s...”
- ✓ Using the empathic flip to pinpoint individualized core beliefs
- ✓ Challenging core beliefs with reality and fantasy
- ✓ Reducing fear and threat associated with core beliefs

Objectives

Learn how to . . .

- ✓ Identify Core Beliefs
- ✓ Connect Core Beliefs to emotional and behavioral distress
- ✓ Challenge Core Beliefs
- ✓ Assist clients to change Core Beliefs
- ✓ Motivate clients to make Core Belief changes
- ✓ Uncover Core Beliefs specific to each client
- ✓ Identify your own Core Beliefs

The training group will meet for 3 hours a session for 2 weeks for a total of 6 hours of training

\$25 non-refundable deposit due by 8/5 to hold a spot
Balance due first session of training

What is Experiential Training?
Email for a detailed description or go to: www.myCEmatters.com

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 \$150 (2 sessions)

Pre-licensed/student discount: \$125 (2 sessions)

Group limited to no more than 10 participants

Earn 6 hours of MFT Continuing Education

This program may count toward licensing hours

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

Register in advance with no commitment until 8/5/13

No “at the door” registration. Register in advance space permitting

For more information or to enroll:

call: (714) 665-8801 or e-mail: ssultanoff@cal.berkeley.edu

www.myCEmatters.com

