



WORKSHOP INFORMATION

August 6-9, 2018
S. San Francisco Conference Center
255 S. Airport Blvd | S. San Francisco, CA 94080
(650) 877-8787
Please see details below for nearby hotel options.

WORKSHOP DESCRIPTION AND OBJECTIVES

This intensive training experience is designed to help you become a better therapist. You and a select number of highly motivated healthcare professionals will receive at least 32 hours of training and personal coaching in the latest psychotherapy techniques. Lectures and demonstrations by a master therapist followed by the opportunity to practice the techniques with your colleagues will leave you with a deeper, richer appreciation of the practice of psychotherapy as well as a variety of specific tools you'll be able to use immediately in your own work.

At the conclusion of this workshop, you'll be better able to:

- **Utilize** session by session assessment tools that can dramatically improve your clinical effectiveness
- **Use** patient criticism and empathy failures to enhance the therapeutic relationship
- **Discuss** how T.E.A.M. therapy can trigger extraordinarily rapid, complete and lasting recovery from depression and anxiety
- **Utilize** the "Acceptance Paradox" to trigger profound change in your patients and in yourself
- **Explain** how to challenge negative thoughts and feelings with cutting-edge Cognitive Therapy techniques
- **Pinpoint** and modify deeply held schemas and beliefs
- **Describe** how to uncover hidden emotions that trigger anxiety disorders
- **Demonstrate** the use of 20 fast-acting psychotherapy techniques

SESSION SCHEDULE

All sessions outlined below are required to be attended in order to earn CE/CME credits unless noted. The evening sessions are not optional.

MONDAY - AUGUST 6

7:30 am - 8:30 am	Registration
8:30 am -12:00 noon	Session
12:00 noon	Lunch (included & optional lecture)*
1:00 pm - 4:30 pm	Session
6:00 pm – 8:30 pm	Session

TUESDAY - AUGUST 7

8:00 am -12:00 noon	Session
12:00 noon	Lunch
1:00 pm - 4:30 pm	Session

WEDNESDAY - AUGUST 8

8:00 am -12:00 noon	Session
12:00 noon	Lunch (included & optional lecture)*
1:00 pm -4:30 pm	Session
6:00 pm – 8:30 pm	Session

THURSDAY –AUGUST 9

8:00 am - 12:00 noon	Session
12:00 noon	Lunch
1:00 pm - 3:30 pm	Session

* **Registration fee includes** 32 hours of training as well as two working luncheons shared with David Burns and his associates. All sessions (unless otherwise noted as optional) are required to be attended in full in order earn CE/CME credits. No partial credit will be awarded. If you have specific meal restrictions, please email jen@ibh.com before 7/1/18 to ensure your request can be accommodated.

Please see www.ibh.com/workshops for a more detailed/updated seminar description, learning objectives, course agenda, and speaker/planner conflict-of-interest disclosures. Please check prior to registering.

Please Note- No outside food or beverage will be permitted inside the Conference Center. We will ask you to dispose of anything prior to entering the conference center.

If you are physically challenged and have special needs, please contact IBH as soon as possible. All meeting rooms are wheelchair-accessible.

Eligibility: This program is open to psychologists, psychiatrists, social workers, counselors, psychiatric nurses, advanced graduate students and other healthcare professionals with an intermediate/advanced knowledge in this field. It is not appropriate for the general public.

Recording of this workshop is not permitted.

High-Speed Treatment of Depression and Anxiety Disorders

A Four-Day TEAM-CBT Advanced Intensive

PRESENTED BY

David D. Burns, MD

- **State-of-the-art treatment and training techniques**
- **Strictly limited in size**
- **Individualized practice, training and feedback**
- **Four intensive, hard-working days that can transform your clinical practice**

A SPECIAL INVITATION

I'm delighted to offer my annual TEAM-CBT intensive training at the South San Francisco Conference Center again this summer, and hope you'll be able to join us. It's nearly always my best workshop of the year, and your participation will make it even better!

So what is TEAM-CBT, and how does it differ from classic CBT? TEAM-CBT emerged from process research designed to pinpoint the ingredients of effective psychotherapy, regardless of the school of therapy the clinician is using. TEAM stands for:

T = Testing: You will learn to use brief, accurate assessment scales at the start and end of every session. The information will help you track therapeutic progress as well as the quality of the therapeutic alliance. This information alone, though sometimes shocking, will revolutionize your practice.

E = Empathy: You will learn advanced empathy skills to help you form a warm trusting relationship with even your most difficult and critical clients—and loved ones as well!

A = Paradoxical Agenda Setting: You will learn to bring therapeutic resistance to conscious awareness quickly and rapidly melt it away the resistance with innovative, powerful "resistance busting" techniques such as the Magic Button, Positive Reframing, Acid Test, Magic Dial, and more.

M = Methods: You will learn to use numerous methods drawn from more than a dozen schools of therapy to crush the negative thinking patterns that trigger depression and anxiety, including powerful role-playing techniques such as the Externalization of Voices, Acceptance Paradox, Double Standard, Devil's Advocate, Interpersonal Downward Arrow, Hidden Emotion, and more.

TEAM-CBT can greatly accelerate recovery and boost your satisfaction in your clinical work. If you have ever dreamed of bringing extremely rapid healing to your patients, this is a workshop you won't want to miss. In addition, you'll have the opportunity to do your own personal work during the workshop so you can experience greater self-esteem and joy in your professional work and in your personal life as well.

Teaching methods will include lecture, large and small group exercises, dramatic and inspiring video excerpts from actual therapy sessions, and live demonstrations with audience volunteers. You will leave with fresh, new insights and many powerful techniques that will revolutionize your practice.

I'll do everything I can to make this one of the best learning opportunities of your career, and look forward to meeting you this summer!

— DAVID BURNS, M.D.

PS - Special opportunity at this program only. I will be assisted in this workshop by many highly trained professional associates from my training groups at Stanford and from the Feeling Good Institute in Mt. View, Ca. These skillful assistants will provide individualized feedback during the small group exercises. Though I will do all the actual teaching, their presence will greatly expand the amount of personal, hands-on coaching and direction you will receive.

David D. Burns, M.D. is an Adjunct Clinical Professor Emeritus of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. He has served as Visiting Scholar at Harvard Medical School and Acting Chief of Psychiatry at the Presbyterian / University of Pennsylvania Medical Center. His best-selling books, *Feeling Good* and *Feeling Good Handbook* have sold over five million copies worldwide and are the books most frequently recommended by American and Canadian mental health professionals for patients suffering from depression. His latest books, *When Panic Attacks* and *Feeling Good Together*, illustrate new approaches to the treatment of anxiety disorders and interpersonal conflict. Dr. Burns has won many awards for his research and teaching. The graduating residents at the Stanford Medical School have named him "Teacher of the Year" on three occasions.



CONTINUING EDUCATION

The Institute for Better Health (IBH), formerly IAHB, has been approved to offer continuing education clock hours as specified below. Attendees may earn up to a total of 32 CE/CME hours if all required CE sessions are attended. No partial credit will be awarded.



ALCOHOLISM & DRUG ABUSE COUNSELORS: IBH is approved by the National Association Of Alcoholism and Drug Abuse Counselors Approved Provider Program (NAADAC Approved Provider #92713) for 32 CEHs. Provider approved by CCAPP-EI, Provider #4N-86-074-0119 for 32 CEH'S.

CEAPS: This course has been submitted to the Employee Assistance Certification Commission (EAPA/EACC) in Domain III for approval. Approval Pending.

COUNSELORS: Institute for the Advancement of Human Behavior, Inc. (IAHB) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0063. Counselors may earn 32 contact hours. Approved by the Illinois Department of Professional Regulation (Provider #168-000119). IAHB has been approved by the Texas Board of Examiners of Marriage and Family Therapists to provide CE offerings for MFTs. Provider Number 154.

EDUCATORS: The Institute for the Advancement of Human Behavior has been approved by the Washington State Professional Educator Standards Board (WESPBS), a member of NASDTEC, as a Clock Hour Provider for Educators. Learners may claim one Clock Hour for each activity hour attended. Please contact your individual state boards for information regarding reciprocity and any additional requirements.

NURSES: The Institute for Better Health accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Provider approved by the California Board of Registered Nursing, (BRN Provider CEP#2672) for 32 CEHs.



PHYSICIANS: The Institute for Better Health (IBH) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. IBH designates this live activity for a maximum of 32 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.



PSYCHOLOGISTS: Institute for Better Health is approved by the American Psychological Association to sponsor continuing education for psychologists. IBH maintains responsibility for this program and its content.



SOCIAL WORKERS: Institute for Better Health, #1426, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. Institute for Better Health maintains responsibility for the program. ASWB Approval Period: 3/16/2017 – 3/16/2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 32 clinical continuing education clock hours.

As an approved continuing education provider for the Texas State Board of Social Worker Examiners, IAHB offers continuing education for Texas licensed social workers in compliance with the rules of the board. License No. 3876; MC 1982, PO Box 149347, Austin, TX 78714, (512) 719-3521. Institute for Better Health SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0091. This course is approved for 32 contact hours.

Note: *Many state boards accept offerings accredited by national or other state organizations. If your state is not listed, please check with your professional licensing board to determine whether the accreditations listed are accepted.*

