

“Dr. Burns is an inspiring, gifted presenter... a living legend! His T.E.A.M. therapy model has transformed the way I do therapy.”

– Leigh Harrington, MD, MPH
Dept. of Psychiatry, UC Davis Medical Center, VCF

REGISTRATION FORM

- ☐ **Oct 30-31, 2017**
Raleigh, NC
- ☐ **Oct 30-31, 2017**
LIVE WEBCAST
- ☐ **Nov 1-2, 2017**
Atlanta, GA
- ☐ **Nov 3-4, 2017**
Westminster, CO

Name _____ Degree _____

Company _____

Address _____

City _____ State _____ Zip _____

Phone (_____) _____ Fax (_____) _____

Email Address _____

Profession(s): Please provide your profession and license number(s).

Profession _____ License(s)# _____

This workshop is held in facilities which are in compliance with the Americans with Disabilities Act. Please contact IAHB at 650-851-8411 if special accommodations are required. All meeting rooms are wheelchair accessible.

REGISTRATION FEES Register online and save \$10 (www.IBH.com)

- ☐ \$347 Early Registration (Must be postmarked at least 14 days prior to workshop)
- ☐ \$377 Regular Registration (Must be received by noon the day prior to workshop)
- ☐ \$397 On-Site Registration (If space is still available)
- ☐ \$200 Workshop aide (Please e-mail for approval. No other discounts apply.)

LIVE WEBCAST REGISTRATION FEES

- ☐ \$337 Webcast Registration: Oct. 30-31 (Must be received by noon the day prior to workshop)

DISCOUNTS

- ☐ Groups: Deduct \$50.00 (Three or more registrations received together)
- ☐ Full-time Students: Deduct \$60.00 (Proof of student status must accompany registration)
- ☐ Alumni: Deduct \$75.00 (Must have attended an IAHB workshop during the past 12 months)

_____ TOTAL PAYMENT ENCLOSED (U.S. funds)
Payment must accompany registration.

METHOD OF PAYMENT

- ☐ Check enclosed made payable to IAHB

☐ Card # _____ Exp. date ____/____ CVV# _____

Cardholder name _____

Signature _____

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.

GARANTEE: If by the first morning break you are not satisfied, inform the coordinator, turn in all materials and write to IAHB requesting a refund. Your money will be refunded upon receipt of your written request.

NOTE: Speaker/planner conflict-of-interest disclosures are available on our website. Please check prior to registering. No Partial CE/CME credit will be awarded.

Recording of this workshop is not permitted.



Mail Completed Form To:

IAHB | P.O. Box 5527 | Santa Rosa, CA 95402

Register by Phone, Fax or Online:

PHONE (800) 258-8411 | FAX (707) 755-3133 | www.IBH.com



David D. Burns, M.D.

ATTEND THIS WORKSHOP AND BECOME TEAM-CBT LEVEL 1 CERTIFIED!

What is TEAM-CBT Certification? Four progressive certification levels that include opportunities for clinicians to deepen their level of skill mastery, a TEAM-CBT diploma and ongoing connection to our supportive community. You can also list your clinic on the Feeling Good Institute's website. For more information, go to www.feelinggoodinstitute.com/Certification. If you attend this workshop, you will already qualify for Level 1 TEAM-CBT Certification!

DON'T MISS THE WEBCAST!

LIVE WEBCAST OCTOBER 30-31
Watch the workshop live from your home or office!

See Inside for more information

“I loved the great trove of tools for intervention. I love the data-based pre and post session assessments. This is so great!”

-Workshop Participant

DISCOUNTS AVAILABLE! SEE REGISTRATION PAGE

Non-Profit Org.
U.S. Postage
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Twin Cities, MN
Permit No. 1096

Institute for the Advancement of Human Behavior
Institute for Better Health
P.O. Box 5527
Santa Rosa, CA 95402



INSTITUTE FOR BETTER HEALTH
Formerly IAHB Inc.

...And It's All Your Fault!

**Transforming Troubled Relationships
into Loving Ones**

**13 CE/CME
Credits Available!**

David D. Burns, M.D.

**LIVE VIDEO
WEBCAST!**
Oct. 30-31

October 30-31, 2017 | Raleigh, NC

November 1-2, 2017 | Atlanta, GA

November 3-4, 2017 | Denver, CO

**ALSO- COMING
THIS SUMMER...**

**San Francisco's 8th Annual
4-DAY INTENSIVE TRAINING**

ABOUT THE WORKSHOP

HAVE YOU EVER WONDERED

- ♦ “Why can’t my husband express his feelings?”
- ♦ “Why is my wife so darn irrational?”
- ♦ “Why is my husband so critical?”
- ♦ “Why won’t my wife listen?”

The answers may surprise you!

We all find ourselves at odds with family members, friends, and colleagues from time to time. Why is it sometimes so hard to get close to the people we care about? And why do so many of our clients persistently fight and complain about friends or family members, even when we provide them with outstanding tools to overcome those conflicts?

Dr. Burns argues that effective relationship therapy cannot simply involve a series of techniques designed to enhance intimacy and communication,

no matter how sensible or helpful those techniques might seem to be. That’s because darker and more devious motives compete with our desires for loving, joyous relationships. The failure to deal with those motives is the most common cause of therapeutic failure.

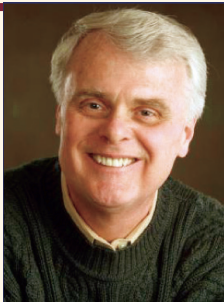
In the workshop, Dr. Burns will illustrate powerful TEAM-CBT techniques for working with individuals as well as couples with troubled relationships. He will provide the opportunity to work on a specific conflict you’ve experienced with a friend, family member, colleague or patient so that you can gain a personal perspective as well as a deeper clinical understanding of these new techniques. Dr. Burns will show how you can immediately put these techniques to use through didactic presentations, Q&A, practice exercises, and live demonstrations.

“I love when you share personal stories about your own healing, your insecurities or case failures. When I see that process in someone who is a master clinician, it helps me realize that it’s okay to be where I am in the journey.”

– Workshop Participant

WORKSHOP LEADER

David Burns, MD, is a clinical psychiatrist and pioneer in the development of cognitive behavioral therapy (CBT) and creator of TEAM-CBT. In addition to his weekly teaching at Stanford, Dr. Burns is author of the best-selling, *Feeling Good: The New Mood Therapy*, which has sold more than five million copies worldwide and is the book most frequently recommended for depressed individuals by American and Canadian health professionals. His most recent book, *Feeling Good Together*, focuses on healing troubled relationships, and his highly-acclaimed Feeling Good Podcasts are available at www.feelnggood.com, along with many other free resources for clinicians and clients alike.



David D. Burns, M.D.

WORKSHOP INFORMATION

October 30-31, 2017

DoubleTree Raleigh Brownstone-University

1707 Hillsborough St
Raleigh, NC 27605
(919) 828-0811

November 1-2, 2017

Atlanta Marriot Century Center

2000 Century Blvd NE
Atlanta, GA 30345
(404) 325-000

November 3-4, 2017

DoubleTree Denver Westminster

8773 Yates Dr
Westminster, CO 80031
(303) 427-4000

LIVE VIDEO
WEBCAST!
Oct. 30-31

CAN’T MAKE IT TO THE WORKSHOP?

Don’t miss out, sign up for the
live webcast.

- Ask Dr. Burns questions in real time
- Access all workshop handouts and materials
- Interact with other webcast participants

All from the comfort of your own home — **Sign up now!**

All webcast times listed are
Eastern Time.

To register and for complete details,
visit www.IBH.com.

WORKSHOP AGENDA

DAY ONE

Morning Session (8:00 AM to 12:00 PM)

Overview of TEAM-CBT

- ♦ Is it True that Women are from Venus and Men are from Mars?
- ♦ Do We Secretly Love to Hate? The Dark Side of Human Nature
- ♦ The Basics of TEAM-CBT
- ♦ Interpersonal Decision-Making
- ♦ The Price of Intimacy

Lunch (12:00 PM - 1:00 PM)

Optional Lunch Presentation
(12:30 PM to 1:00 PM) TBA

Afternoon Session (1:00 PM to 4:30 PM)

Step-by-Step Intimacy Training

- ♦ The Relationship Journal
- ♦ Learning to speak with your EAR
- ♦ The Great Death: Interpersonal Enlightenment
- ♦ The Five Secrets of Effective Communication
- ♦ The Intimacy Exercise

Optional Evening Hike and Dinner

Join Dr. Burns after the first workshop day for a brisk walk near the workshop site. Location and weather permitting.

DAY TWO

Morning Session (8:00 AM to 12:00 PM)

Practice, Practice, Practice!

- ♦ Resistance Revisited
 - 12 Good Reasons Not to Listen
 - 12 Good Reasons Not to Express Your Feelings
 - 12 Good Reasons Not to Treat the Other Person with Respect
- ♦ The Internal and External Solutions
 - The Enemy Within vs. the Enemy Without

Lunch (12:00 PM - 1:00 PM)

Optional Lunch Presentation
(12:30 PM to 1:00 PM) TBA

Afternoon Session (1:00 PM to 3:30 PM)

Helping Troubled Couples

- ♦ Why Couples Therapy Fails
- ♦ The Magic of the Setup
- ♦ The Relationship “Probe”
- ♦ The One-Minute Drill
- ♦ The “Machine Gun Technique”

Registration opens at 7:30 AM

*There will be two fifteen minute breaks around
10 AM and 2:45 PM daily*



**Dr. Burns’ Therapist’s Toolkit
will be available for purchase at the workshop!**

The Therapist’s Toolkit includes hundreds of pages of state-of-the-art assessment and treatment tools for the mental health professional. Your purchase brings you both paper copies of these essential tools plus a digital version of all of the latest and greatest instruments. In addition, you’ll receive lifetime upgrades.

Price: ~~\$229~~ \$189 Special Workshop Rate!
(Save \$40 if you purchase the Toolkit onsite at the workshop)

SPECIAL ANNOUNCEMENT - 4-DAY Intensive Training



San Francisco, CA area
Summer 2018 dates TBA

**HIGH SPEED TREATMENT
OF DEPRESSION AND
ANXIETY DISORDERS**

With David D. Burns, MD

Visit www.IBH.com for updated info!

**THIS IS THE WORKSHOP YOU’VE
ALWAYS WANTED TO ATTEND!**

- Includes at least 32 hrs of training over 4 exciting days/evenings
- Small class sizes means more personal attention.
- Includes the latest, most powerful treatment techniques for depression, anxiety, interpersonal problems, addictions and more
- Features live demonstrations in an immersive setting.
- Will provide lots of opportunity for supervised practice

WORKSHOP OBJECTIVES

By the end of this workshop attendees should be able to:

TRACK therapeutic progress and monitor the quality of the therapeutic alliance at every session

USE the Blame Cost-Benefit Analysis to assess motivation

USE Interpersonal Decision-Making with ambivalent clients

EXPLAIN the five steps in the Relationship Journal

USE the Intimacy Exercise to help individuals with troubled relationships

CONTRAST Good vs. Bad Communication using the EAR Checklist

DESCRIBE the Five Secrets of Effective Communication

EXPLAIN the Law of Opposites

RESOLVE your own relationship problems—with patients, colleagues, friends or family members

*“David’s workshops have transformed my practice. I now feel
equipped with tools to help people make substantial life changes.”*

—Angela Krumm, Ph.D.

DISCOUNTS

Must be noted on original registration (one discount per person on two-day registration only)

- ♦ **Groups:** Organize a group of three or more and save! Mail your registrations together and deduct \$50 from each.
- ♦ **Full-time students:** Deduct \$60 from applicable tuition. Proof of full-time status (undergraduate: 12 or more units; graduate: 6 or more units) must accompany your registration.
- ♦ **Alumni:** If you have attended an IAHB workshop in the last 12 months, you may deduct \$75 from your tuition.

CONTINUING EDUCATION

The Institute for the Advancement of Human Behavior (IAHB) has been approved to offer 13 hours of continuing education and continuing medical education (except where otherwise noted) by the following:

ALCOHOLISM & DRUG ABUSE COUNSELORS: IAHB is approved by the National Association Of Alcoholism and Drug Abuse Counselors Approved Provider Program (NAADAC Approved Provider #92713) for 13 CEHs.

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

COUNSELORS & MFTs: IAHB is 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. 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 13 contact hours. This course has been submitted to the Georgia Association of Marriage and Family Therapy for course approval. Approval Pending. In most states, CE approvals for counselors and MFTs are covered through reciprocity with one of our other national approvals listed. Please check with your professional licensing board to determine whether the accreditations listed are accepted.

EDUCATORS: The Institute for the Advancement of Human Behavior has been approved by the Washington State Professional Educator Standards Board (WESPSB), 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 Advancement of Human Behavior accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. Provider approved by the CA Board of Registered Nursing (BRN Provider CEP #2672) for 13.0 contact hours.



PHYSICIANS: The Institute for the Advancement of Human Behavior (IAHB) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The Institute for the Advancement of Human Behavior designates this live activity for a maximum of 13 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: IAHB is approved by the American Psychological Association (APA) to offer continuing education for psychologists. IAHB maintains responsibility for the program and its content.

SOCIAL WORKERS: Institute for the Advancement of Human Behavior, #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 the Advancement of Human Behavior 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 13 clinical continuing education clock hours. ASWB credit is only available for live, in-person workshops. Online courses do not qualify for ASWB credit. 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 the Advancement of Human Behavior, Inc. 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. Social workers may earn 13 contact hours.

NOTE: You must attend in full to earn CE credit. No partial credit will be awarded. 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.

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