

“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

- ☐ **October 4-5, 2018**
Pasadena, CA
- ☐ **November 1-2, 2018**
Woodland Hills, CA
- ☐ **November 1-2, 2018**
Live Webcast

Name _____ Degree _____

Company _____

Address _____

City _____ State _____ Zip _____

Phone (____) _____ Fax (____) _____

Email Address (Required) _____

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 IBH at 650-851-8411 if special accommodations are required. All meeting rooms are wheelchair accessible.

REGISTRATION FEES Register online and save \$10 with discount code IBH10

- ☐ \$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 FEE

\$337 Webcast Registration: Nov 1-2 (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 IBH workshop during the past 12 months)

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

METHOD OF PAYMENT

- ☐ Check enclosed made payable to IBH

☐ 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.

GUARANTEE: If by the first morning break, you are not satisfied, inform the coordinator, turn in all materials and write to IBH 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:

IBH | 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

Experience our New Extended Workshop Format with David Burns, M.D.

Dr. Burns, author of *Feeling Good* and *The Feeling Good Handbook*, is an internationally-recognized expert in the treatments of depression and anxiety. He is a knowledgeable and inspiring speaker whose workshops consistently get rave reviews.

Attend Dr. Burns' new full immersion workshop experience and receive 16 CE/CME hours (if you can attend the dynamic evening session) or 13.5 CE/CME hours (if you cannot).

Special for this workshop series –

Special evening session including a live demonstration with an audience volunteer
Dr. Burns will attempt to complete a course of psychotherapy in a single session with a participant who has experienced severe trauma. This evening session of the TEAM-CBT demonstration promises to be the highlight of the workshop!

Become Level 1 TEAM-CBT Certified

What is TEAM-CBT Certification? Four progressive Certification levels provide opportunities for clinicians to deepen their level of skill mastery and receive public acknowledgement. Apply to receive these benefits: a supportive community, listserve participation for additional learning, access to cutting edge developments in TEAM-CBT, and referrals. If you attend this workshop, you will qualify for Level 1 TEAM-CBT Certification! For more information, go to www.feelinggoodinstitute.com/certification



David D. Burns, M.D.

Institute for the Advancement of Human Behavior

Institute for Better Health

P.O. Box 5527
Santa Rosa, CA 95402

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David D. Burns, M.D.

Rapid Recovery FROM Trauma

New, High-Speed TEAM-CBT Treatment Techniques



INSTITUTE FOR BETTER HEALTH

Formerly IAHB Inc.

Rapid Recovery FROM Trauma

New, High-Speed TEAM-CBT Treatment Techniques

A two-day workshop that includes a
dramatic live evening demonstration*



*Attend the evening
session and earn up
to 16 CE/CME Credits.
See inside for
complete details.

David D. Burns, M.D.

Don't miss the
LIVE VIDEO
WEBCAST

October 4-5, 2018
Pasadena, CA

November 1-2, 2018
Woodland Hills, CA

ALSO- COMING
THIS SUMMER...

San Francisco's 9th Annual
4-DAY INTENSIVE TRAINING

LIVE VIDEO WEBCAST - NOVEMBER 1-2, 2018

ABOUT THE WORKSHOP

Trauma is one of the most critical medical / psychological problems in the US and around the world. The symptoms can be devastating.

In this workshop, Dr. Burns will describe a new treatment approach called TEAM-CBT. TEAM-CBT is based on research on how psychotherapy actually works and addresses many of the shortcomings in traditional CBT. TEAM-CBT offers rapid, profound, and lasting clinical change. **It's like CBT on steroids.**

In this exciting workshop, you will learn practical methods you can use right away in your clinical work. Although the focus of the workshop will be on the treatment of clients who have experienced severe traumas, you will find that the techniques will dramatically improve your effectiveness with all your depressed and anxious clients.

Have you also experienced trauma? Do you sometimes struggle with feelings of inadequacy

and self-doubt? The segments on personal healing will deepen your understanding of TEAM-CBT and help you develop greater self-esteem, confidence, and joy in your clinical work and in your personal life as well.

- In this workshop, you will learn how to:**
- **PINPOINT** the main cause of nearly all therapeutic failure
 - **DESCRIBE** the three components of an “abuse contract”
 - **TRACK** therapeutic progress at every therapy session
 - **USE** the Five Secrets of Effective Communication to empathize far more effectively
 - **IDENTIFY** and overcome the eight most common forms of therapeutic resistance
 - **TREAT** depression and anxiety rapidly
 - **UNCOVER** and modify Self-Defeating Beliefs
 - **UTILIZE** powerful relapse prevention techniques
 - **HEAL** yourself and boost self-esteem

SPECIAL:
Includes an evening of live demonstrations conducted by David Burns, M.D.

“I love when you shared 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 D. Burns, M.D. is an Emeritus Adjunct Clinical Professor 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*, *The Feeling Good Handbook*, and *When Panic Attacks* have sold over five million copies in the United States and many more worldwide. They are the books most frequently recommended by American and Canadian mental health professionals for clients suffering from depression and anxiety.



David D. Burns, M.D.

WORKSHOP INFORMATION

October 4-5, 2018

Sheraton Pasadena

303 Cordova St
Pasadena, CA 91101
(626) 449-4000

November 1-2, 2018

Hilton Woodland Hills

6360 Canoga Ave
Woodland Hills, CA 91367
(818) 595-1000

**LIVE VIDEO
WEBCAST!
NOV 1-2**

CAN'T MAKE IT TO THE WORKSHOP?

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

- Ask questions to the speaker 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 Pacific Time

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

WORKSHOP AGENDA

DAY ONE

8:00 AM Sources and impact of trauma

- Three treatment myths

Ultra- high-speed treatment—Is it possible?

What is TEAM-CBT?

A case of horrific childhood sexual abuse

- Exercise: Daily Mood Log / Recovery Circle

Why patients get stuck in their suffering—and how to get them unstuck

Making patients and therapists accountable—tracking therapeutic progress

Advanced Empathy Training

- Live Demonstration

12:00 Noon Lunch (On Your Own)

12:30 PM to 1:00 PM Optional Luncheon Talk

1:00 PM Advanced Empathy Training (continued)

- Participant exercise

The Eight Forms of Therapeutic Resistance and How to Overcome Them

- A case of suicidal depression, violence and severe addiction

4:30 PM Dinner Break (On Your Own)

6:00 PM Live Demonstration with audience volunteer-

Dr. Burns will attempt to complete a course of psychotherapy in a single session with a participant who has experienced severe trauma. This TEAM-CBT demonstration promises to be the highlight of the workshop!*

8:30 PM Adjourn

DAY TWO

8:00 AM Review of Day 1

Is single-session treatment Really possible? — A woman with a lifetime of abuse

- Exercise: Positive Reframing Recovery Circle

Getting down to root causes

- Group exercise: The Individual and Interpersonal Downward Arrow Techniques

Compassion-Based Techniques: The Paradoxical Double Standard

- A case of terminal cancer

12:00 Noon Lunch (On Your Own)

12:30 PM to 1:00 PM Optional Luncheon Talk

1:00 PM Externalization of Voices--Self-Defense vs. the Acceptance Paradox

- Exercise: Healing yourself

Classical, Cognitive, and Interpersonal Exposure

- Cognitive Flooding: Veteran with 25 years of numbness
- Memory Rescripting: Agoraphobic student with history of sexual abuse

Relapse Prevention Training (RPT)

4:00 PM Adjourn

Registration opens at 7:30 AM

Lunch is from 12 noon to 1 PM

There will be 15 minute breaks around 10 AM & 2:45 PM

**While it's not mandatory, we hope to see you at the evening session on day 1 of the workshop.*

This dynamic live demonstration will run from 6-8:30 pm. If you are able to attend,

you will earn 16 CE/CME credits. If you cannot join us for the evening demonstration,

you'll be eligible to earn 13.5 CE/CME credits. You do not have to preregister

for the evening session; you are automatically signed up with your regular workshop tuition.

You definitely don't want to miss it!

For complete course details, visit IBH.com/recovery

SPECIAL ANNOUNCEMENT - 4-DAY Intensive Training



S. San Francisco
August 6-9, 2018

**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
- Is limited in size to maximize personal attention
- Includes the latest, most powerful treatment techniques for depression, anxiety, interpersonal problems, addictions and more
- Features live demonstrations by a world-reknown therapist
- Will provide lots of opportunity for supervised practice

What is TEAM-CBT?

T = TESTING. You will learn fast, accurate techniques for assessing trauma clients and assessing progress at every therapy session.

E = EMPATHY. You will improve your empathy skills with clients as well as family, friends, and colleagues.

A = (PARADOXICAL) AGENDA SETTING. You will learn to pinpoint and overcome the eight most common forms of therapeutic resistance before trying to “help” any client.

M = METHODS. You will learn how to use powerful techniques that can bring about a complete and lasting elimination of depression and anxiety.

“Dr. Burns is a master clinician whose work represents the state of the art in evidence-supported treatment interventions.”

— Anthony Mascola, MD,
Stanford University Medical Center

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 IBH workshop in the last 12 months, you may deduct \$75 from your tuition.

CANCELLATIONS

Requests must be in writing. Refunds will be given on requests postmarked no later than 7 days prior to the workshop. A \$35 per person processing fee will be deducted from all cancellations. No credit will be issued within 7 days of the workshop. If IBH cancels a workshop, tuition will be refunded in full.

WORKSHOP AIDES

Save over 40% on your tuition by working as an aide at the beginning and end of each day and at the breaks. Register as an aide by emailing staff@IBH.com to see if spots are still available. In the subject line, please write: Workshop Aide & the city you will be attending. Act now; positions fill quickly.

BUX8B

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 16 CE/CME hours if all CE sessions are attended. Attendees may earn 13.5 CE/CME hours if you are not able to attend the optional evening session.



ALCOHOLISM & DRUG ABUSE COUNSELORS: 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 1 CEH per hour attended. Provider approved by CCAPP-EI, Provider #4N-86-074-0119 for 1 CEH per hour attended.

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

COUNSELORS AND MFTs: IBH is approved by the Illinois Department of Professional Regulation (Provider #168-000119). IBH 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 Better Health, Inc 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 1 contact hour per hour attended. Counselors in CA state may earn CE hours through reciprocity with other national CE approvals listed here.

EDUCATORS: The Institute for Better Health 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 Better Health 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 1.0 contact hour per hour attended.



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 16 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.



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



SOCIAL WORKERS: The Institute for Better Health (IBH), #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. The 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 live onsite event will receive 1 clinical continuing education clock hour per hour attended. An application for webcast participants has been submitted to ASWB. Application is under review.

As an approved continuing education provider for the Texas State Board of Social Worker Examiners, IBH 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, 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 1 contact hour per hour attended.

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.