

What You Will Learn

This workshop will provide a general introduction to Cognitive Behavioral Therapy (CBT), one of the most widely known and widely practiced therapies designed for symptom reduction by experts like Ellis, Beck, Watson, and Skinner. It's often a top choice for managed care companies because of its efficiency and how its implementation keeps session use to a minimum.

CBT practitioners believe that changing thought patterns results in long-lasting emotional, behavioral, and cognitive changes. It is a highly effective tool for resolving negative self-talk that may support ineffective, inappropriate, and even dangerous behavior.

CBT is a great skill set for any practitioner's toolkit because it can effectively treat conditions like depression, anxiety, panic, obsessive-compulsive disorder, post-traumatic stress disorder, and more.

Learning Objectives

1. Review the history and foundations of Cognitive Behavioral Therapy (CBT).
2. Review the history of Cognitive Behavioral Family Therapy (CBFT).
3. Identify the alterations of Trauma-Informed CBT and Mindfulness-Based CBT on the General Model.
4. Utilize the various interventions associated with CBT and CBFT.
5. Identify disorders that can be treated with CBT (and implement treatment).
6. Recognize the benefit of combined pharmaceutical/CBT Treatment.

100% Satisfaction Guarantee

3 CEU Credits

100%
SATISFACTION
GUARANTEE

20% Off 'Early Bird' Registration

Register before October 10th and use
code "earlybird" to receive the discount.

REGISTER NOW!
IntegratedCareConcepts.Com/Events

Save 20% when you register
3 or more people.

Cognitive Behavioral Therapy and Cognitive Behavioral Family Therapy

Irrational Beliefs as Invitations for Change



LOCATION:

Hosted virtually via Webex Conferencing

DATE:
October 20th, 2021

ONLY:
\$69 per person



Phone: 732-858-5432 x801
Fax: 732-389-0611
www.integratedcareconcepts.com

Presented By:



Integrated Care Concepts
& Consultation

Like us on Facebook



Follow us on Instagram
@integratedcareconcepts

Register now at:
www.integratedcareconcepts.com/events

Questions? Call 732-858-5432 x801

Earn 3 CE hours For Counselors and Social Workers

Workshop Abstract:

The 21st century human remains tethered cognitively to its ancient ancestor in some remarkable ways. The negativity bias and the obsession with judgmental awareness of self and others have lingered beyond their once-evolutionary benefits. It was once much more important to remember danger than bliss, and it was a matter of survival to know where one stood in relation to peer competitors in the pack.

What was once a key reason for the evolutionary success of the species has now become a major contributor to mental and physical distress in our time. Irrational thoughts and beliefs that arise in the awareness of individuals play out in their patterns of relation to themselves, their partners, their families, and their relationship to their world.

Supporting a more effective and empowered relationship with these evolutionary leftovers in an integrated brief treatment approach is perfectly fit to the 21st century human context. The key to this approach is dropping the adversarial position of one vs one's thoughts, and actually seeing irrational beliefs as 'baked into' the human condition – herein lies the doorway to change.

Event Schedule

- 8:30–9:00: Registration and Check-in
- 9:00–9:10: Introductions and Review Objectives
- 9:10–9:40: Review of the History and Foundations of CBT
- 9:40–10:10: Review T-CBT and MBCBT Expansions of the Model
- 10:10–10:40: Present Various Interventions Associated with CBT and CBFT
- 10:40–10:50: Short Break
- 10:50–12:00: Applications and Case Presentations

The heart pumps blood, the lungs breathe, the muscles move us through our day, and our brains secrete thoughts, often irrationally catastrophic and self-critical and generally negative, judgmental ones. Understanding more deeply the most basic Cognitive Behavioral Therapy mantra – “Think Good, Feel Good, Do Good” – underscores the potential for this life-saving therapeutic tool. Training in the concept that irrational beliefs are not the enemy, but the invitation to use CBT for immediate change, is the objective of this introduction to the model.

Meet Your Presenters



Carli Hench, LSW received her Bachelor of Arts degree from her beloved Alma Mater, Kean University, where she studied Psychology and Theatre. She went on to pursue her Master of Social Work degree at Rutgers University, where she was reminded of her passion to serve. She began her career in service at Kean University in Student Affairs, where she was an educator, mentor, trainer and leadership coach for college students. Simultaneously, as a Licensed Social Worker, she had the privilege of serving children, adolescents, adults, couples, families, and individuals with special needs, both in an intensive in-home community setting and outpatient practice.



Alexis Pitcher, MFT received her Bachelor of Arts in Psychology from Monmouth University. She then pursued a Master of Arts in Marriage and Family Therapy (MFT), with a specialization for children and adolescents. While completing her Master's, Alexis completed her internship at Integrated Care Concepts and Consultation. She worked in business management for several years prior and had previous involvement with non-profit organizations to aid children and families. Alexis has clinical experience working with individuals, families, and couples. She believes in a systemic approach to counseling, which encompasses how the family unit, and environment influence our beliefs and values in daily living.

Bring our insight on site with:



Convenient - Customized - Credible

- Mindfulness Toolbox • Trauma Sensitive Therapy
- LGBTQ Cultural Competence

We will train your staff or team on site. For more information please contact John Alesi: jalesi@integratedcareconcepts.com

HOW TO REGISTER

“Cognitive Behavioral Therapy and Cognitive Behavioral Family Therapy”

Date: October 20th, 2021

Please register online or complete the entire form and mail to:
Integrated Care Concepts & Consultation
615 Hope Road, Building 5B 2nd Floor, Eatontown, NJ 07724

Name: _____

Employer: _____

Employer Address: _____

Dept/Floor/Suite: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Only \$69 per person

Group Registration (via mail only)

Save 20% when you register 3 or more people

☐ Name: _____ ☐ Name: _____

☐ Name: _____ ☐ Name: _____

Total number of attendees: ____ x \$69 = _____

Less 20% for groups or early birds only Total: _____

Indicate Payment Information

☐ Check enclosed payable to:
Integrated Care Concepts & Consultation

☐ Mastercard ☐ Visa ☐ Amex ☐ Discover

Card #: _____

Card Expiration Date: _____

V-Code: _____

Signature: _____

20% Off Early Bird Registration

Register before October 10th and
use code “earlybird” to receive the discount.