

Name: \_\_\_\_\_

Degree: \_\_\_\_\_

License No.: \_\_\_\_\_

PBH Provider No.: \_\_\_\_\_

Organization: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_

State/Zip: \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Check enclosed, payable to the  
Institute for Behavioral Healthcare

MasterCard  Visa  Amer. Ex.  
Card No. \_\_\_\_\_

Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_



CE and CME credits are offered by The Institute for Behavioral Healthcare, joint sponsor with the Beck Institute for Cognitive Therapy and Research for this activity.

The Institute for Behavioral Healthcare (IBH) is a division of the Institute for the Advancement of Human Behavior (IAHB). IAHB has been approved as a provider of continuing education or continuing medical education credit by the organizations listed below. This activity is offered for 6.0 credit hours.

**ALCOHOLISM AND DRUG ABUSE COUNSELORS:**  
Provider approved by the National Association of Alcoholism and Drug Abuse Counselors (Approved Education Provider Program #000187) for 6.0 CEH's; Provider approved by the

California Alcoholism and Drug Counselors Education Program, (CAADAC Provider #45-86-074-1098) for 6.0 CEH's.

**CERTIFIED COUNSELORS:** IAHB is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines (NBCC Provider #05216); Approved by the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling Provider #CM-147, exp. 1/99; the State of Ohio Counselor Board (Approved Provider #RCX029501). This course meets the qualifications for 6.0 hours of continuing education credit for MFOCs as required by the California Board of Behavioral Sciences (Provider #: PCE 36)

**NURSES:** IAHB is accredited as a provider of continuing education in nursing by Utah Nurses Association, an approved approver for the American Nurses Credentialing Center (UNA - 7.2 contact hours, Provider Code P9710, expires 2/22/99); Provider approved by the California Board of Registered Nursing, BRN Provider #2672 for 6.0 hours.

**PHYSICIANS:** IAHB is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians. IAHB designates this educational activity for a maximum of 6.0 hours in Category 1 of the Physicians Recognition Award of the American Medical Association. Each physician should claim only those hours of credit that he/she actually spent on the educational activity.

**PSYCHOLOGISTS:** HB is approved by the American Psychological Association (APA) to offer continuing education for psychologists. IAHB maintains responsibility for the program. IAHB is an approved MCEP provider by the California Psychological Association Accrediting Agency (CPAAA), Provider #INS-022. This course requires additional approval by CPAAA. Please call IBH for verification of individual course approval.

**SOCIAL WORKERS:** This course meets the qualifications for 6.0 hours of continuing education credit for LCSWs as required by the California Board of Behavioral Sciences (Provider #: PCE 36).

The above list does not include those organizations to whom IBH has applied on an individual workshop basis. Please contact your licensing board regarding your board's acceptance of reciprocity from the organizations listed above. In all cases, IAHB, as the approved sponsor, maintains responsibility for the program offered and for following the standards and regulations of the organizations listed above.



**PacifiCare**  
Behavioral Health

## Cognitive Therapy

An Intensive One-Day Workshop

Oct. 23, 1997  
Loew's Santa Monica Beach Hotel



Workshop Leader:

**Aaron T. Beck, M.D.**

President, Beck Institute for  
Cognitive Therapy and Research  
Emeritus University Professor of Psychiatry  
University of Pennsylvania

With

**Dennis Greenberger Ph.D.**

Asst. Clinical Professor, Dept. Psychiatry,  
College of Medicine, Univ. of Calif., Irvine.

# Cognitive Therapy Workshop

## October 23, 1997

### Loew's Santa Monica Beach Hotel

Dr. Beck will present an overview of cognitive therapy, focusing on its origins, relevant research, state-of-the-art practices and potential. Techniques for structuring the therapeutic interview, eliciting dysfunctional automatic thoughts, assigning homework and gaining compliance will be illustrated via lecture and role-play demonstrations. Emphasis will be placed on working with depressed patients.

At the conclusion of this workshop participants will be able to:

- Describe the relationship among thoughts, feelings, emotions and behavior.
- Describe how underlying beliefs give rise to automatic thoughts.
- Utilize cognitive therapy techniques.
- Set agendas with patients.
- Elicit feedback from patients.
- Structure a session efficiently.
- Utilize questioning techniques to elicit automatic thoughts.
- Apply alternative methods for eliciting automatic thoughts from more difficult patients.
- Form a therapeutic alliance and develop a problem list with a depressed patient.
- Help a depressed patient identify an automatic thought.

#### About Aaron T. Beck M.D.

Dr. Beck is recognized as the founder of Cognitive Therapy and is internationally renowned for his research, training and writings on the effective treatment of psychological disorders.

Dr. Beck is recognized as one of the most influential psychotherapists in the world. He has published 10 books, including "*Cognitive Therapy of Depression*" and "*Love Is Never Enough*"; more than 350 articles; and has created numerous professional diagnostic tools, most notably the *Beck Depression Inventory*. He is the recipient of multiple professional awards.

Dr. Beck currently serves as president of the non-profit Beck Institute in Bala Cynwyd, Penn., and is a University Professor of Psychiatry (Emeritus) at the University of Pennsylvania.

#### Sponsors

The workshop is sponsored by PacifiCare Behavioral Health in conjunction with the Institute for Behavioral Healthcare and the Beck Institute for Cognitive Therapy and Research. It is supported in part by an educational grant from SmithKline Beecham Clinical Laboratories.

#### Special Needs

If you are disabled and have special needs, please call for assistance.

#### Location

Loew's Santa Monica Beach Hotel  
1700 Ocean Avenue  
Santa Monica, CA 90401 (310) 458-6700

#### Schedule

8:30 - 9 a.m.:	Continental Breakfast
9:00 - 10:30 a.m.:	Cognitive Conceptualization Break
10:30 - 10:45 a.m.:	Role-play Demonstration of Techniques
10:45 - 11:30 a.m.:	Structure of Therapy Sessions
11:30 - 12:00 p.m.:	Lunch
12:00 - 1:30 p.m.:	Eliciting Automatic Thoughts and Role-plays
1:30 - 3:00 p.m.:	Break
3:00 - 3:15 p.m.:	Role-play Demonstration with Depressed Patient
3:15 - 4:30 p.m.:	Questions and Answers
4:30 - 5:00 p.m.:	

#### Tuition

Conference, including continental breakfast and lunch: \$125.00  
PBH Contracted Providers: \$70.00  
PBH Staff/Guests (with special voucher):\$35

#### Cancellations/Refunds

Refunds less a processing fee of \$30 will be issued for cancellations received in writing one week prior to the workshop. If the workshop is canceled by the sponsors all tuition fees will be refunded.

#### Reservations

Reservations may be mailed, faxed or phoned to: Institute for Behavioral Healthcare  
4370 Alpine Road, Suite 108  
Portola Valley, CA 94028  
(Fax) 650-851-0406 (Phone) 650-851-8411  
Payment must accompany reservations.  
**Please RSVP by October 17, 1997**