

WORKSHOP OBJECTIVES

This workshop is designed to help clinicians develop their ability to recognize and treat depression and low self-esteem, increase their clinical skills, and maximize the quality of patient outcomes they achieve. **On completion, attendees will be better able to:**

- DESCRIBE the Cognitive, Behavioral, Motivational, and Interpersonal Models for depression
- DELIVER new high-speed treatment techniques for overcoming depression and increasing self-esteem
- DETECT suicidal urges and prevent suicide attempts
- DIAGNOSE and overcome the eight most common forms of resistance
- DISTINGUISH between the Self-Defense Paradigm and the Acceptance Paradox
- INTEGRATE the new CBT with your patients' spiritual beliefs
- DEVELOP a warm and trusting therapeutic alliance with hostile, critical, mistrustful patients

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

— ANTHONY MASCOLO, MD, STANFORD UNIVERSITY MEDICAL CENTER

Cover Photo: © Photographer: Chanayut Sribua-rawd | Agency: Dreamstime.com

Feeling Good Now:

New Rapid Recovery Techniques for Depression and Low Self-Esteem

David D. Burns, M.D.
WORKSHOP LEADER

Institute for the Advancement of Human Behavior

4370 Alpine Road, Suite 209
Portola Valley, CA 94028

Non-Profit Org.
U.S. Postage
PAID
St. Paul, MN
Permit No. 1086

Institute
for the
Advancement
of Human
Behavior

INNOVATIVE CLINICAL TRAINING FOR
BEHAVIORAL HEALTHCARE PROFESSIONALS

Feeling Good Now:

New Rapid Recovery Techniques for Depression and Low Self-Esteem

David D. Burns, M.D.

Author of the phenomenal best seller *Feeling Good: The New Mood Therapy*



September 25-26, 2009 : Houston, TX
October 9-10, 2009 : Dedham, MA
October 29-30, 2009 : Ann Arbor, MI
December 3-4, 2009 : Seattle, WA
January 22-23, 2010 : Portland, OR

Earn 13 CE/CME Credit Hours | Space is Limited. Register Early!

ABOUT THE WORKSHOP

Over the past four decades, volumes of research and numerous clinical innovations have revolutionized the treatment of depressive spectrum disorders. In this exciting new workshop, Dr. Burns will describe four powerful models for treating depression and increasing self-esteem: the Motivational Model, the Cognitive Model, the Behavioral Model, and the Interpersonal Model, and will illustrate how to bring these models to life for patients suffering from mood disorders, including bipolar disorder. The skillful integration of these four approaches often results in extremely rapid recovery. In fact, many patients who used to require months of intensive therapy can now be helped in just a handful of sessions, and will often respond in a single session.

Dr. Burns will emphasize the importance of healing yourself if you want to offer credible, effective and dynamic treatment for your patients. That's because we all occasionally succumb to the same feelings of insecurity, self-criticism and self-doubt that plague our patients, and we all experience conflicts and disappointments from time to time in our relationships with colleagues, family members, and friends.

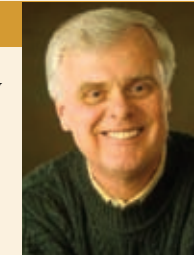
Dr. Burns will bring these new techniques to life with live demonstrations with audience volunteers. This will give you the opportunity to learn by watching (and, at your option, participating) as a master clinician works with real people. Come prepared to roll up your sleeves and learn from one of America's most popular workshop leaders.

WORKSHOP LEADER

David D. Burns, M.D. is an 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 book, *Feeling Good*, has sold over four million copies worldwide and is the book most frequently recommended by American and Canadian mental health professionals for patients suffering from depression. His latest book, *When Panic Attacks*, illustrates new approaches to the treatment of anxiety disorders.

Dr. Burns has won many awards for his research and teaching, including the Outstanding Contributions Award from the National Association of Cognitive-Behavioral Therapists, the A. E. Bennett Award, and the Distinguished Contribution to Psychology through the Media Award. The graduating residents at the Stanford Medical School have named him "Teacher of the Year" on three occasions.

Note: Speaker/planner conflict-of-interest disclosures are available on our website. Please check prior to registering.



"I attended your (recent) seminar — Wow!!! I've been using your techniques and material and am having amazing results."

— MARILYN ROBINSON, MSW, LSW, CHILD FOCUS, INC.

GUARANTEE: 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.

ELIGIBILITY: This program is open to professionals and advanced students in health-related fields, and is not suitable for the general public.

WORKSHOP OVERVIEW

DAY ONE

7:45 am Registration and CE/CME Check-in

8:30 am What is Depression? Self-Esteem?

- Self-esteem vs. self-acceptance
- Self-esteem vs. malignant narcissism

Five Treatment Models for Depression

- The Biological Model
- The Cognitive Model
- The Behavioral Model
- The Motivational Model
- The Interpersonal Model

The Clinician's Illusion

- Systematic monitoring techniques that will make you a far more effective therapist!
- Effective suicide prevention: Is it really possible?

12 noon Lunch (on your own)

Optional Luncheon Presentation: The EASY Diagnostic System
(Please bring a bag lunch)

1:00 pm What Have We Learned from Research?

- The key ingredients of therapeutic success or failure
- Bibliotherapy: Does it really help?

High-Speed, Intensive CBT

- Are quick cures possible? Or even desirable?
- Do the effects last?

Healing Yourself: Stressful Events for Therapists

- Self-Defense vs. the Acceptance Paradox
- Live demonstration

Therapeutic Empathy:

Are We As Good As We Think?

- When in doubt, empathize!
- How to empathize with the angry, mistrustful patient
- Live demonstration

4:30pm Adjourn

Taping of this workshop is not permitted.

Speakers periodically update workshops based on attendee feedback - please see Website for current Agenda.

"A gifted, riveting speaker with tremendous content. If I could choose only one seminar to attend this year it would be led by David Burns."

—HUGH L. BARAS, PH.D., STANFORD UNIVERSITY MEDICAL SCHOOL

DAY TWO

7:45 am Registration and CE/CME Check-in

8:30 am Groups with Special Needs

- Working with children and adolescents
- Working with psychotic individuals
- Working with different ethnic groups

The Magic of the Set-Up

- The eight types of therapeutic resistance
- How to overcome therapeutic resistance: Making patients accountable
- Paradoxical Agenda-Setting Techniques

Getting Down To Root Causes: Psychoanalysis at Warp Speed

- Self-esteem equations
- How to modify a self-defeating belief
- Live demonstration

12 noon Lunch (on your own)

Optional Luncheon Presentation: Advanced Empathy Training - Watch or Participate
(Please bring a bag lunch)

1:00 pm How To Select the Most Effective Techniques for Each Patient

- The Recovery Circle Revisited: Failing as Fast as You Can
- Exercises, examples, and case illustrations

Beyond Self-Esteem

- Self-esteem: What is it? How do I get it? How do I get rid of it once I've got it?
- Practical Buddhism: The pleasure-predicting sheet
- Integrating the spiritual and psychological perspectives on self-esteem

Powerful Relapse Prevention Techniques

4:30pm Adjourn

WORKSHOP INFORMATION

SEPTEMBER 25-26, 2009 Hilton Houston SW 6780 Southwest Freeway Houston, TX 77074 (713) 977-7911	OCTOBER 9-10, 2009 Hilton Boston/Dedham 25 Allied Drive Dedham, MA 02026 (781) 329-7900	OCTOBER 29-30, 2009 Four Points by Sheraton Ann Arbor 3200 Boardwalk Ann Arbor, MI 48108 (734) 996-0600
DECEMBER 3-4, 2009 Hilton Seattle Airport & Conference Center 17620 International Blvd Seattle, WA 98188 (206) 244-4800	JANUARY 22-23, 2010 DoubleTree Portland-Lloyd Center 1000 NE Multnomah Portland, OR 97232 (503) 281-6111	

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 \$20 from each.

» **FULL-TIME STUDENTS:** Deduct \$50 from applicable tuition. Proof of full-time status (undergraduate: 12 or more units; graduate: 6 or more units) must accompany your registration.

» **UNA** All UNA members taking this course will be given a \$50 discount. Please call to register at the discounted rate. Discounts will not be granted online or by mail.

» **ALUMNI:** If you have attended an IAHB workshop in the last 12 months, you may deduct \$20 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 IAHB 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. If you would like to be considered for an aide position, please email staff@iahb.org. In the subject line, please write: Workshop Aide & the city you will be attending. Act now; positions fill quickly.

CONTINUING EDUCATION

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

ALCOHOLISM & DRUG ABUSE COUNSELORS: Approved by the National Association of Alcoholism and Drug Abuse Counselors Approved Provider Program (NAADAC Approved Education Provider #187) for 13 CEH's. Provider approved by CAADAC, Provider #4S-86-074-0111 an ICRC member which has reciprocity with most ICRC member states, for 13 CEHs.

CEAPS: This course has been submitted to the Employee Assistance Certification Commission (EACC) in Domain III for 13 PDHs. EACC approval # pending.

COUNSELORS & MFTS: IAHB is an NBCC Approved Continuing Education Provider (ACEPTM) and may offer NBCC approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. (NBCC Provider #5216). This course meets the qualifications for MFTs as required by the California Board of Behavioral Sciences (Provider # PCE 36). Massachusetts application filed with Family Development Associates for MFTs. Approval pending. The Oregon State Board of Licensed Professional Counselors and Therapists recognizes the CA Board of Behavioral Sciences approved providers for CE approval. IAHB has been approved by the Texas Board of Examiners of Marriage and Family Therapists to provide CE offerings for MFTs. Provider Number 154.

NURSES: IAHB is an approved provider of continuing nursing education by the Utah Nurses Association, an accredited Approver by the American Nurses Credentialing Center's Commission on Accreditation. (UNA=Provider Code P06-02). Provider approved by the California Board of Registered Nursing, (BRN Provider CEP#2672) for 13 contact hours.

Utah Nurses Association **UNA**

IAHB EDUCATIONAL MATERIALS

Most of IAHB's home studies were recorded at live workshops. They may be ordered in either CD or audiotape format (exceptions are marked), and include all course materials and a post-test. Detailed descriptions of these and other IAHB home studies may be found on our website, www.iahb.org.

TO ORDER: Complete the form indicating your selections, and mail it with payment to IAHB/Seminar Services, 6 Trowbridge Dr., Ste. 5, Bethel, CT 06801. Please note: Orders can only be shipped to your street address (no P.O. box). Please allow 1 to 2 weeks for delivery.

	Quantity	Amount
Therapist's Toolkit \$189.00 <i>David Burns, M.D. (No CE/CME available)</i> The Therapist's Toolkit includes 400 + pages of comprehensive state-of-the-art assessment and treatment tools for the mental health professional. These are tools you can use to test your patients, and to treat your patients as well		
Fast, Effective Treatment for Anxiety Disorders (13 CE/CME hrs) \$149.00 <i>David Burns, M.D.</i> Dr. Burns describes 3 powerful models for the treatment of anxiety disorders and illustrates how to integrate all 3 into the effective treatment of GAD, specific phobias and other anxiety disorders. This is one of the most highly-rated and best-attended seminars IAHB has produced!		
How to Overcome Anger and Interpersonal Conflict (13 CE/CME hrs) \$149.00 <i>David Burns, M.D.</i> In this exciting program, Dr. Burns presents Cognitive Interpersonal Therapy, a new treatment model used to help patients develop more satisfying relationships.		
Compassion's Boundaries: Paradoxes of Law Ethics & Professional Regulation in Psychotherapy (6 CE/CME hrs) \$79.00 <i>A. Steven Frankel, Ph.D., J.D.</i> (Satisfies relicensure requirements in many states.) Dr. Frankel addresses the paradoxes and contradictions clinicians can face when they attempt to deliver the best possible service to their patients while adhering to professional standards and adequately managing risk		
Treating Complex Psychological Trauma (12 CE/CME hrs) \$129.00 <i>John Briere, Ph.D.</i> Drawing on the latest trauma research and theory, Dr Briere presents a nonpathologizing, developmentally-informed therapy that integrates cognitive-behavioral and psychodynamic perspectives.		
SPECIAL ONLINE VIDEO TRAINING		
Ethics & Risk Management for Therapists 2008 \$79.00 (6 CE/CME hrs) <i>Presented by A. Steven Frankel, Ph. D., J.D., licensed psychologist and practicing attorney</i> Click the link on our home page, www.iahb.org for more information and to register.		

FOR COMPLETE INFORMATION ABOUT OUR HOME STUDY PROGRAM CALL (650) 851-8411 OR VISIT OUR WEBSITE AT WWW.IAHB.ORG.

	Quantity	Amount
Comprehensive Treatment of Children and Adolescents with Bipolar Disorder (6 CE/CME hrs) \$79.00 <i>Kiki Chang, M.D.</i> Dr. Chang, Director of the Pediatric Bipolar Disorders Clinic at Stanford University Medical Center, reviews current research and describes state-of-the-art diagnosis and treatment strategies for this very challenging clinical problem.		
When Push Comes to Shove: Advances in the Treatment of Domestic Violence (7 CE/CME hrs) \$89.00 <i>David A. Wexler, Ph.D.</i> Dr. Wexler, a nationally-recognized expert in the field of domestic violence, describes specific techniques for dealing with domestic violence and related family problems.		
Treatment Advances, Relational Issues and Mindfulness in Integrated Trauma Treatment (12 CE/CME hrs) \$149.00 <i>John Briere, Ph.D.</i> This exciting new home study describes treatment protocols integrating Buddhist philosophy and empirically-based mindfulness training with the latest research on the neurobiology and psychopharmacology of trauma. Recorded Fall, 2007 (only available in CD)		
Treatment of Adult Bipolar Disorder (7 CE/CME hrs) \$89.00 <i>Michael Freeman, M.D.</i> Bipolar disorder is difficult to diagnose and even more difficult to treat. In this acclaimed program, Dr. Freeman reviews existing research and describes cutting-edge clinical interventions.		
Effective Use of the GAF Scale (2 CE/CME hrs) \$35.00 <i>Michael First, M.D.</i>		
Shipping and handling: 1 item \$7.00, each add'l item \$2.00		
Subtotal		
CT residents add local sales tax		
Total (US dollars)		
<i>Please Note: Not all boards accept home study for continuing education. Please contact your own board for more information.</i>		
BUD90		

Name _____ Degree _____ Tapes or CDs

Address _____

City _____ State _____ Zip _____

Phone (_____) _____ Fax (_____) _____ Email _____

Check payable to IAHB/Seminar Services

Card # _____ Exp. date _____ / _____

Signature _____

Cardholder _____

REGISTRATION FORM (BURNS)

SEPTEMBER 25-26, 2009 Houston, TX
 OCTOBER 9-10, 2009 Dedham, MA
 OCTOBER 29-30, 2009 Ann Arbor, MI
 DECEMBER 3-4, 2009 Seattle, WA
 JANUARY 22-23, 2010 Portland, OR

Name _____ Degree _____

Company _____

Address _____

City _____ State _____ Zip _____

Phone (_____) _____ Fax (_____) _____

Email Address (for confirmation) _____

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

Profession _____ License(s) # _____

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

REGISTRATION FEES Register Online and Save \$5.00 (www.iahb.org)

- \$269 Early Registration (Must be postmarked at least 14 days prior to workshop)
- \$289 Regular Registration (Must be received by noon the day prior to workshop)
- \$309 On-Site registration (If space is still available)
- \$169 Workshop aide (Please e-mail for approval. No other discounts apply.)

DISCOUNTS

- Groups:** Deduct \$20.00 (Three or more registrations received together)
- Full-time Students:** Deduct \$50.00 (Proof of student status must accompany registration)
- Alumni:** Deduct \$20.00 (Must have attended an IAHB workshop during the past 12 months)
- UNA** UNA Members: Deduct \$50

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

METHOD OF PAYMENT

Check enclosed made payable to IAHB (U.S. bank)

Card # _____ Exp. date _____ / _____

Cardholder name _____

Signature _____

Your Priority Code
 Help us expedite your registration. Enter the characters printed above your name on the mailing label.

MAIL COMPLETED FORM TO:
 IAHB, 409 Mendocino Ave Ste. E Santa Rosa, CA 95401

REGISTER BY PHONE, FAX OR ONLINE:
 PHONE (800) 258-8411 FAX (707) 566-7474 www.iahb.org