

## ABOUT THE WORKSHOP

In this workshop, I will present new techniques for the treatment of habits and addictions, with a primary focus on alcohol and drug abuse. These treatment tools address the motivational factors and underlying emotional problems that trigger addictive behaviors and lead to relapses during recovery.

My goal in this workshop will not be to challenge or replace the excellent work you are already doing with clients with habits and addictions, but rather to provide you with powerful new tools that will enhance your skills and boost your effectiveness. I will show you how to use the Urges to Use Scale, the Brief Mood Survey, the Empathy and Helpfulness Scales, the Five Secrets of Effective Communication, numerous Paradoxical Agenda Setting Techniques, the Decision-Making Form, the Habit/Addiction Log, the Devil's Advocate Technique, the Experimental Technique,

the Externalization of Voices, the Acceptance Paradox, and more.

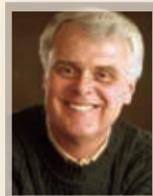
As a way of bringing the treatment techniques to life, I will invite audience members to work on their own habits and addictions, such as overeating, drinking, compulsive shopping, procrastination, or sexual, romantic, and internet addictions. I hope that the two live demonstrations on Healing Yourself will be highlights of this workshop.

If you are working in 12-step programs, I warmly invite to attend and participate. You'll be pleased to discover the substantial overlap between the AA philosophy and the treatment model I present. I also want to encourage therapists who do not focus primarily on addictions to attend, as the prevalence of habits and addictions is exceedingly high among the patients you are now treating for depression, anxiety, or relationship problems.

One highlight of the workshop will be a live demonstration on Healing Yourself.

## 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 five million copies worldwide, and is the book most frequently recommended by American and Canadian mental health professionals for patients suffering from depression.



"Dr. Burns' warmth, generosity as a teacher and clinical acumen make learning from him a delight. His cutting-edge motivational tools alone are worth the price of admission."

— Daniel Mintie LCSW, TEAM Therapist, Albuquerque

## WORKSHOP OUTLINE

### DAY ONE

#### 8:00 AM to 12 Noon

- Physiologic vs. Psychological Addictions
- What Causes Addictions? The Self-Esteem / Self-Medication vs. Motivational Models
- Positive and Negative Distortions that Trigger Addictions, Mania, and Violence
- Why Therapy Fails: How We Force Our Clients to Resist
- The Initial Assessment
- How to Monitor the Effectiveness of Treatment
- Is Empathy Important? The Five Secrets of Effective Communication

#### Optional Luncheon Talk:

##### 12:30 to 1:00 PM

*Controversies in Biological Psychiatry—Have We Been Oversold on the Safety, Efficacy, and Necessity of Psychiatric Medications?*

##### 1:00 PM to 4:00 PM

- Empathy Training (cont'd)
- Is Motivation Important? Paradoxical Agenda Setting
- Paradoxical Cost-Benefit Analysis
- The Decision-Making Form
- Healing Yourself, Part 1: The Devil's Advocate Technique

### DAY TWO

#### 8:00 AM to 12 Noon

- Motivation (cont'd)
- Treatment Tools for Underlying Emotional Issues
- The Cognitive Model
- The Daily Mood Log
- Recovery Circle: Failing as Fast as You Can
- Video of patient with incapacitating depression and panic attacks
- Externalization of Voices / Acceptance Paradox:
- Healing Yourself, Part 2

#### Optional Luncheon Talk:

##### 12:30 to 1:00 PM

*Spiritual Aspects of Treatment—Enlightenment and the Four Deaths of the Ego*

##### 1:00 PM to 4:00 PM

- Relapse Prevention Training for Mood Problems
- Relapse Prevention Training for Habits and Addictions

*Taping of this workshop is not permitted.*

Registration opens at 7:30 AM.

Workshop begins promptly at 8:00 AM and adjourns at 4:00 PM both days.

Lunch is from 12 noon to 1:00 PM. There will be two fifteen minute breaks around 10 AM and 2:30 PM.

"Dr. Burns is a phenomenal teacher. The tools he provides in this workshop will be invaluable for general therapists as well as those who specialize in the treatment of addictions. Personally, his workshops have changed my life!"

— Stephen Pfleiderer, Interventionist

**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.

## Treating Adults & Teens with Addiction Problems

David D. Burns, M.D.

WORKSHOP LEADER

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

Non-Profit Org.  
U.S. Postage  
PAID  
Escondido, CA  
Permit 475

#### HIGHLIGHTS OF THIS COURSE INCLUDE:

- Burns' most powerful treatment strategies adapted for use with addictions
- Paradoxical Agenda-Setting
- Relapse Prevention: How to Make Change Permanent
- Motivate your most unmotivated clients
- Live Demonstration: Learn to work with your own habits and addictions

#### A Special Invitation from David Burns

"I have a deep admiration for the tremendously diverse recovery movement. My goal for this workshop is providing new tools that will make the work you are already doing even more powerful and rewarding – for both your clients and yourself. Attendees working in 12-step programs will be pleased with the substantial overlap with that philosophy and are warmly invited both to attend and actively to participate."

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

— Anthony Mascola, MD, Stanford Medical Center

Discounts Available! See Registration Page.

ALSO- COMING THIS SUMMER...

San Francisco's 5th Annual  
4-DAY INTENSIVE TRAINING

David D. Burns, M.D.  
WORKSHOP LEADER

Author of the Phenomenal Best-Seller  
*Feeling Good: The New Mood Therapy*

## Treating Adults & Teens with Addiction Problems

High-Speed Treatment and  
Relapse Prevention Strategies  
AN ADVANCED 2-DAY WORKSHOP



Earn 13  
CE/CME Credits

March 20-21, 2014 | Albuquerque, NM  
April 3-4, 2014 | Portland, OR  
April 24-25, 2014 | Seattle, WA



Photo by Joan Plagat

## REGISTRATION FORM (BURNS)

- March 20-21, 2014**  
Albuquerque, NM
- April 3-4, 2014**  
Portland, OR
- April 24-25, 2014**  
Seattle, WA

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 \$10 ([www.IAHB.org](http://www.IAHB.org))

- \$279 Early Registration (Must be postmarked at least 14 days prior to workshop)
- \$299 Regular Registration (Must be received by noon the day prior to workshop)
- \$319 On-Site registration (If space is still available)
- \$179 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)

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

### METHOD OF PAYMENT

- Check enclosed made payable to IAHB (U.S. bank)
- Card # \_\_\_\_\_ CVV# \_\_\_\_\_ Exp. Date \_\_\_\_\_ / \_\_\_\_\_
- Cardholder name \_\_\_\_\_
- Signature \_\_\_\_\_

**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) 566-7474 | [www.IAHB.org](http://www.IAHB.org)

## WORKSHOP INFORMATION

**March 20-21, 2014**

**Albuquerque  
Convention Center**

**401 Second St NW  
Albuquerque NM 87102  
(505) 768-4575**

**April 3-4, 2014**

**DoubleTree  
by Hilton Portland**

**1000 NE Multnomah  
Portland, OR 97232  
(503) 281-6111**

**April 24-25, 2014**

**DoubleTree by Hilton  
Seattle Airport**

**18740 International Blvd.  
Seattle, WA 98188  
(206) 246-8600**

### 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 + units; graduate: 6 + units) must accompany your registration.
- » **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](mailto:staff@IAHB.org). In the subject line, please write: Workshop Aide & the city you will be attending.

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

## 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:** Approved by the National Association of Alcoholism and Drug Abuse Counselors Approved Provider Program (NAADAC Approved Education Provider #187) for 13 CEHs. IAHB is a provider of Continuing Education for Certification and Recertification for Alcoholism and Drug Abuse Counselors in the State of Texas. Provider #1847-12.

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

**COUNSELORS & MFT's:** IAHB is an NBCC Approved Continuing Education Provider (ACEP™) 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). 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. The Oregon State Board of Licensed Professional Counselors and Therapists recognize the CA BBS for course approval.

**NURSES:** Provider approved by the California Board of Registered Nursing, (BRN Provider CEP#2672) for 13 CEHs.

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.

**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. IAHB 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 to sponsor continuing education for psychologists. IAHB maintains responsibility for this program and its content.

**SOCIAL WORKERS:** This course meets the qualifications for LCSWs as required by the California Board of Behavioral Sciences (Provider #PCE-36). 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. IAHB is co-sponsor with R. Cassidy Seminars, ACE Provider #1082 approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org), through the Approved Continuing Education (ACE) Program. Approval Period: April 15, 2012-April 15, 2015. R. Cassidy Seminars maintains responsibility for the program. Social workers should contact their regulatory board to determine course approval. Social workers will receive 13 continuing education clinical social work clock hours for participating in this course.

**NOTE:** 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.

## WORKSHOP OBJECTIVES

### IN THIS WORKSHOP YOU'LL LEARN HOW TO:

- **UTILIZE** powerful treatment and relapse prevention techniques
- **CREATE** a warm and trusting therapeutic relationship with hostile, angry, critical teens and adults
- **MOTIVATE** reluctant patients with Paradoxical Agenda Setting Techniques
- **ASSESS** habits and addictions, and translate these assessments into practical change methods
- **MONITOR** treatment effects at every treatment session
- **DESCRIBE** controversial recent research on the causes of habits and addictions
- **DEFEAT** the negative and positive distortions that trigger habits, addictions, and violence
- **DESCRIBE** the overlap between Burns' new T.E.A.M. model and 12-step programs



## Special Announcement: 4-DAY INTENSIVE TRAINING

S. San Francisco on July 22-25 | Portland & S. CA dates coming soon!



*"These intensives have consistently been the most vibrant and inspirational teaching experiences I've ever had. I will do everything I can to make this one of the best learning opportunities of your career."*

– David Burns, M.D.

Please check [www.IAHB.org](http://www.IAHB.org) for additional dates & locations

### ADVANCED APPLICATIONS IN COGNITIVE THERAPY: A Four-Day Intensive Clinical Training With David D. Burns, MD

*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-renown therapist
- Will provide lots of opportunity for supervised practice

## 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](http://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, (866) 272-8497. 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
<b>Therapist's Toolkit</b> <i>David Burns, M.D. (No CE/CME hrs)</i> The Therapist's Toolkit includes 400 + pages of comprehensive state-of-the-art assessment and treatment tools for the mental health professional. <i>Includes lifetime upgrades. \$40 discount if purchased onsite at this workshop.</i>		<b>\$229.00</b>
<b>...And it's All Your Fault</b> <b>How to Overcome Anger and Interpersonal Conflict</b> <i>David Burns, M.D. (13 CE/CME hrs)</i> Dr. Burns presents Cognitive Interpersonal Therapy, a new treatment model used to help patients develop more satisfying relationships.		<b>\$149.00</b>
<b>Feeling Good Now:</b> <b>Treating Depression and Low Self-Esteem</b> <i>David Burns, M.D. (13 CE/CME hrs)</i> The 1980 publication of Feeling Good revolutionized the treatment of depression. Feeling Good Now is doing the same. Burns integrates 4 conceptual models and an array of clinical tools into the most powerful protocol available today for treating depression and low self-esteem. Recorded in mid-2007.		<b>\$149.00</b>
<b>Shipping and handling: 1 item \$7.00, each add'l item \$2.00</b>		
<b>Shipping and handling: Therapist's Toolkit is \$10</b>		
<b>Subtotal</b>		
<b>CT residents add local sales tax</b>		
<b>BUH4A</b>	<b>Total (US dollars)</b>	

*Please Note: Not all boards accept home study for continuing education. Please contact your own board for more information.*

Name \_\_\_\_\_ Degree \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

Check payable to IAHB/Seminar Services

Card # \_\_\_\_\_ CVV# \_\_\_\_\_ Exp. Date \_\_\_\_\_ / \_\_\_\_\_

Signature \_\_\_\_\_

Cardholder \_\_\_\_\_

**For complete information about our home study program  
Call (650) 851-8411 or visit our website at [www.IAHB.org](http://www.IAHB.org).**