Treating Patients with Trauma
New, High-Speed T.E.A.M. Therapy Techniques

A New Extended* Two-Day Workshop

Earn Up To 16 CE/CME CREDITS*
At our Regular Workshop Price!

* Includes optional evening session—See back panel for additional learning opportunities

David D. Burns, M.D.

February 26-27, 2015 | Atlanta, GA
March 6-7, 2015 | Clayton, MO
March 9-10, 2015 | Chicago, IL
March 20-21, 2015 | Bloomington, MN

San Francisco’s 6th Annual 4-DAY INTENSIVE TRAINING
Experience our New Extended Workshop Format
Attend Dr. Burns' new full emersion workshop experience and receive

up to 18 hours of training for the price of 12!

When he’s at home, Dr. Burns offers training opportunities in several very creative formats. Now he’d like to bring some of those formats to you. Here’s how it would work:

Attend all standard sessions (two mornings, two afternoons), get all course materials and earn 13.5 hours of CE/CME credit. You’ll have a full workshop experience.

In addition, Dr. Burns will offer the following supplementary sessions at no additional charge:

- An evening of clinical demonstrations that will bring the workshop material alive. (2.5 additional CE/CME credits)
- Two half-hour lunchtime lectures. (No additional CE/CME credit)
- A one-hour “conversation walk” immediately following the afternoon session on the first workshop day - weather and location permitting. (No additional CE/CME credit)

We hope you can join us for most or all of this exciting new workshop format.

Complete details are available on our Website

David D. Burns, M.D.
ABOUT THE WORKSHOP

Trauma has become one of the most critical medical / psychological problems in the US and around the world. The symptoms can be crippling and their devastation reaches beyond the traumatized individual to families and communities as well.

Clients with a history of trauma present with a wide range of emotional and interpersonal difficulties. Clinicians must be able to treat the person, and not just the disorder, using a comprehensive, individualized strategy that includes the full range of clinical skills and interventions.

In this workshop, Dr. Burns will describe a powerful, new approach called T.E.A.M. Therapy that can be especially beneficial for approach that is based on research on how psychotherapy actually works. T.E.A.M. includes many cognitive behavior therapy (CBT) techniques, but goes far beyond traditional CBT. The result is a powerful, deeply personal experience with rapid, lasting clinical change.

The focus of the workshop will be practical, with methods you can use right away in your clinical work. Although the focus of the workshop will be on the treatment of trauma, you will find that the techniques in this workshop will dramatically improve your effectiveness with all of your clients.

Our clients are not the only ones who experience the horrific impact of trauma. Surveys indicate that 30% of therapists have reported some form of childhood trauma, and if you include the painful events we also experience as adults, that number jumps much higher. Dr. Burns will include segments on personal healing that will deepen your understanding of T.E.A.M. therapy and help you experience 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:
- DESCRIBE the three components of an “abuse contract”
- DISCUSS the political controversies surrounding the cognitive model of trauma
- ASSESS new trauma clients using the EASY Diagnostic System for DSM5
- TRACK therapeutic progress at every therapy session
- DESCRIBE the most common cause of therapeutic failure in treating trauma patients
- IDENTIFY the most common forms of resistance in trauma clients
- USE 15 techniques to melt away therapeutic resistance
- INDIVIDUALIZE the treatment, using a wide variety of treatment techniques
- HEAL yourself and boost self-esteem
- UTILIZE powerful relapse prevention techniques

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

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.

WORKSHOP INFORMATION

February 26-27, 2015
Heritage Hall at Beth Jacob
1855 Lavista Road NE.
Atlanta, GA 30329
(404) 633-0551

March 6-7, 2015
Sheraton Clayton Plaza Hotel
7730 Bonhomme Ave.
Clayton, MO 63105
(314) 863-0400

March 9-10, 2015
Renaissance Chicago North Shore
933 Skokie Blvd.
Northbrook, IL 60062
(847) 498-6500

March 20-21, 2015
Park Plaza Bloomington
4460 West 78th Street Circle
Bloomington, MN 55435
(952) 831-3131
WORKSHOP AGENDA

DAY ONE
8:00 AM to Noon

Introduction

Sources of trauma—
- The variety of experiences that can lead to trauma
- Treating the person, not the disorder

The Cognitive Model of trauma
- Liberating or politically incorrect?
- Why prolonged exposure often fails

Is high-speed treatment possible?
Or even desirable?
- Exploiting treatment myths
T.E.A.M. Therapy - a comprehensive treatment model
- Introduction to the T.E.A.M Approach

T = Testing
- The EASY Diagnostic System: Predicting and preventing suicide and violence in trauma clients

Tracking therapeutic progress—
- How to find out how your clients really feel, and how they feel about you

12:00 Noon Lunch (On Your Own)
12:30 PM to 1:00 PM Optional Luncheon Talk
1:00 PM to 4:30 PM

E = Therapeutic Empathy—Does it really make a difference?

Empathy failures, and how to reverse them—
- “This therapy is worse than the incest I endured as a child!”

A = (Paradoxical) Agenda Setting with Trauma Clients—Resistance Revisited

How Therapy with Trauma Clients Can Fail
Overcoming Outcome and Process Resistance
- “I have every right to feel this way!”
- “I’m a hopeless case and there’s nothin’ you can do about it!”

Audience Resistance Exercise: Veteran with profound guilt and depression
- “I enjoyed killing innocent women and children. So how did you think you were going to help me, Doc?”

4:30 PM Adjourn

Dinner (On Your Own)**

6:00 PM to 8:30 PM Optional Evening Session
Live demonstration(s) with audience volunteer(s). Please check our website for more information about this exciting new evening session.

** Walk and Learn: Join Dr. Burns during the dinner hour for a brisk walk near the workshop site. (See our website for additional information.)

DAY TWO
8:00 AM to Noon

M = Methods

Four treatment models you need to know about
- Motivational Model
- Cognitive Model
- Exposure Model
- Hidden Emotion Model

Daily Mood Log / Recovery Circle
Uncovering Techniques
- The Interpersonal Downward Arrow—psychoanalysis at warp speed
- Psychologist with history of childhood trauma: “When I cried, my mother said I’ll give you something to cry about!”
- Truth-Based Techniques
  - “Why do I feel so guilty and bad inside?”

Compassion-Based Techniques: the Paradoxical Double Standard
- “I’m letting my family down. It’s my fault I got cancer.”

12:00 Noon Lunch (On Your Own)
12:30 PM to 1:00 PM Optional Luncheon Talk
1:00 PM to 4:00 PM

M = Methods (cont’d)

Healing Yourself: Externalization of Voices and Acceptance Paradox
- Small group exercise

Classical, Cognitive, and Interpersonal Exposure
- Cognitive Flooding
- Veteran with 25 years of numbness
- Memory Rescripting
- Agoraphobic student with history of sexual abuse by a baby sitter

Forgiveness Training / Cognitive Hypnosis Therapist fears—
- What if I re-traumatize my client?

Relapse Prevention for Trauma Clients

Registration opens at 7:30 AM
Lunch is from 12 noon to 1 PM
There will be 15 minute breaks around 10 AM & 3 PM

Remember, this workshop includes a variety of extra sessions. Don’t worry about that now—just register and choose your optional sessions onsite!

SPECIAL ANNOUNCEMENT - 4-DAY Intensive Training

S. San Francisco
July 21-24, 2015

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

Please check website for additional dates and locations: www.IAHB.org

THIS IS THE WORKSHOP YOU’VE ALWAYSANTED 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-renowned therapist
- Will provide lots of opportunity for supervised practice
A T.E.A.M. Approach to Trauma Treatment

T = TESTING. You will learn fast, accurate techniques for the initial evaluation and diagnosis of trauma clients and for assessing clients; progress along with their feelings of trust and understanding in subsequent sessions.

E = EMPATHY. Dr. Burns will emphasize the unique challenges of empathizing with trauma clients and will demonstrate challenging empathy training methods that can quickly and dramatically improve your empathy skills with trauma clients as well as family, friends, and colleagues.

A = (PARADOXICAL) AGENDA SETTING. Dr. Burns will pinpoint the eight most common forms of therapeutic resistance in trauma clients and illustrate 15 innovative ways to melt away resistance before trying to "help" the client.

M = METHODS. You will learn large numbers of specific techniques to boost self-esteem, eliminate numbing, reduce anxiety, and enhance feelings of warmth, trust, and intimacy in trauma clients. The goal is to bring about a rapid, dramatic, and complete elimination of symptoms.

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.

○ 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. Register as an aide by emailing staff@IAHB.org 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.

CONTINUING EDUCATION
The institute for the Advancement of Human Behavior 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.

ALCOHOLISM & DRUG ABUSE COUNSELORS: Approved by the National Association of Alcoholism and Drug Abuse Counselors Approved Provider Program (NAADAC) Accredited Education Provider #187 for 1 CEH per contact hour. IAHB is approved by the Texas Certification Board of Addiction Professionals to provide CE offerings for Alcoholism and Drug Abuse Counselors. Provider Number 1847-12. This course has been submitted to the IAOAPCA for course approval. Approval Pending.

CEAPS: This course has been submitted to the Employee Assistance Certification Commission (EAPC/MACC) is Domain II for approval. Approval Pending.

COUNSELORS: IAHB is an NBC-C Approved Continuing Education Provider (ACEP)™ and may offer NBC-C approved clock hours for events that meet NBC-C requirements. The ACEP solely is responsible for all aspects of the program. NBC-C Provider #5216. This course meets the requirements for CE for MFTs as required by the California Board of Behavioral Sciences (Provider # PCE-136). Approved by the Illinois Department of Professional Regulation (Provider #1668-00110). IAHB has been approved by the Texas Board of Examiners of Marriage and Family Therapists to provide CE offerings for MFTs. Provider Number 154. This course has been submitted to the Minnesota Board of Marriage and Family Therapy for course approval. Approval Pending. This course has been approved by the Georgia Association of Marriage and Family Therapy for core CE hours. IDF 157-2014.

EDUCATORS: The Institute for the Advancement of Human Behavior has been approved by the Washington State Professional Educator Standards Board (WESPBS), a member of NAOTEC, 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: Provider approved by the California Board of Registered Nursing (BRN Provider CEPI2607) for 1 CEH per hour attended. 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 (ACME) to provide continuing medical education for physicians. IAHB designates this live activity for a maximum of 1 AMA RPA Category 1 Credit™ per hour attended. 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 a 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, 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 participating in this course will receive one clinical continuing education clock hour per hour attended. Social workers should contact their regulatory board to review current continuing education requirements.

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 accreditation listed are accepted.
REGISTRATION FORM

Atlanta, GA  Clayton, MO  Chicago, IL  Bloomington, MN

Just sign up for the workshop… Optional sessions can be selected on-site.

Name ___________________________ Degree ___________________________

Company ___________________________

Address ___________________________

City ___________________________ State ________ Zip _________

Phone (_____) _______ Fax (_____) _______

Email Address ___________________________

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

REGISTRATION FEES  Register online and save $10 (www.IAHB.org)
☐ $295 Early Registration (Must be postmarked at least 14 days prior to workshop)
☐ $315 Regular Registration (Must be received by noon the day prior to workshop)
☐ $335 On-Site registration (If space is still available)
☐ $189 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

☐ Card # ___________________________ Exp. date _______ / ______ CVV# ___________________________

Cardholder name ___________________________

Signature ___________________________

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

Taping of this workshop is not permitted.