

Certificate Series

The PCOM Certificate Series in Cognitive Behavior Therapy is the first program of its kind in the Delaware Valley. It is a 10-month program, conducted on Saturdays, for mental health professionals and students at the graduate and post-graduate level who are interested in learning the concepts of practices of Cognitive Behavior Therapy. Psychologists, counselors, social workers, psychiatrists, nurses, pastoral counselors, school psychologists, substance-abuse counselors and family therapists will find this program to be beneficial. If you have any questions, please call the Department of Psychology at 215-871-6442.

The series level is intermediate.

Rovinsky Family Lectureship (Formerly Friday Speaker Series)

The Department of Psychology invites you to our Rovinsky Family Lectureship to consider some of the current issues in clinical practice. Our speakers are experts within the fields of psychology and mental health and provide training for psychologists, social workers, counselors, psychiatrists and health care providers.

For those unable to attend the series on campus, live-stream video may be available at:
http://www.pcom.edu/friday_speaker/

Please contact the Department of Psychology at 215-871-6442 to confirm if live stream is available for each lecture on the scheduled date.

Continuing Education Credit

PSYCHOLOGISTS: Philadelphia College of Osteopathic Medicine, Department of Psychology is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. PCOM Department of Psychology maintains responsibility for this program and its content. Eighteen CE hours/credits per course (CBT I-III) and six (CBT IV) or 60 CE hours/credits for psychologists who complete the entire Cognitive Behavior Therapy Series are awarded.

SOCIAL WORKERS: The Philadelphia College of Osteopathic Medicine (PCOM) Department of Psychology is approved by the American

Psychological Association (APA) to sponsor continuing education for psychologists. PCOM Department of Psychology maintains responsibility for this program and its content. Six CE hours/credits per session or 60 CE hours/credits to social workers who complete the entire Cognitive Behavior Therapy Series are awarded. The Pennsylvania Board of Social Work Examiners recognizes and accepts the APA continuing education hours/credits for social workers. Social workers will receive the APA Certificate of Attendance.

CERTIFIED COUNSELORS: Philadelphia College of Osteopathic Medicine, Department of Psychology, is recognized by the National Board of Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines (PROVIDER #5672). Six CE contact hours per session or 60 contact hours for NBCC counselors who complete the entire Cognitive Behavior Therapy Series are awarded.

NOTE: All Certificates of Attendance for the series are provided at the completion of the CBT class in June. All students must begin with the September class. Attendees who need graduate credits for this class must apply and be accepted to the CAGS Program before starting the series. Grades for all CAGS students (matriculated) in the CBT program are received at the end of the course in late June after all class requirements have been completed and passed.

Location and Time

All classes will meet from 9:00 am to noon and 1:00 to 4:00 pm on PCOM's main campus at 4190 City Avenue, Philadelphia, PA. Convenient off-street parking is available. Students must attend all day to receive CE credits and sign in and sign out at the end of the day.

Graduate Programs in Psychology

Students at PCOM are taught by a superb, internationally-renowned faculty. The graduate programs' theoretical orientation is cognitive behavioral, which teaches empirically based, focused, and collaborative treatments. Designed for the in-practice mental health care professional, classes are held weekday evenings and some weekends.

Learn about PCOM's graduate programs by visiting the College's Web site at www.pcom.edu or by contacting the Department of Psychology.

Dear Prospective Student,

The Department of Psychology at Philadelphia College of Osteopathic Medicine has been approved by the Pennsylvania Department of Education to offer the Master of Science (MS) in School Psychology and the Educational Specialist Degree (EdS) in School Psychology. These programs complement our present Master's programs in Counseling and Clinical Health Psychology and Organizational Development and Leadership and our PsyD Programs in Clinical Psychology and School Psychology. We are also very proud to announce that our PsyD in School Psychology has been accredited by the National Association of School Psychologists and is listed as a Designated Program by the Association of State and Provincial Psychology Boards.

The MS in School Psychology is a way to enrich your professional life or prepare for a specific career in School Psychology. The degree is a 33-credit program completed in 14 months. The EdS Degree in School Psychology prepares master's level professionals interested in working in the schools as a psychologist and can be completed in three years. Our coursework and supervised practicum placements and internship in schools will prepare you to practice as a highly qualified professional and help fill the current national shortage of school psychologists.

The MS in Counseling and Clinical Health Psychology prepares individuals to work in the mental health field, providing evaluation, counseling, and therapy services. Students may choose to pursue a 48-credit track or a 60-credit track specializing in Addictions and Offender Counseling. Both tracks emphasize a cognitive behavioral approach to treatment and prepare individuals for licensure as a professional counselor.

The MS in Organizational Development and Leadership prepares students to be effective leaders of organizational change. You learn practical skills that help you to be more effective in your work and personal life. We focus on the individual, team, and system levels of an organization. Graduates advance their careers because they increase the value they bring to their organizations.

Don't miss out on the opportunity to be part of our state-of-the-art graduate programs and the PCOM community. Interested students should call Carly Iannone at 215-871-6463 (MS in Counseling, ODL, and PsyD Clinical Programs) or Tanya Ray at 215-871-6439 (MS, EdS Degree, Respecialization, and PsyD in School Psychology Programs). You can also visit our Web site at www.pcom.edu to find out more about us or to complete an application. You may also request an application by contacting the Admissions Office at 215-871-6700.

We look forward to hearing from you.

Sincerely,

Robert A. DiTomasso, PhD, ABPP
Professor and Chair
Department of Psychology

PHILADELPHIA COLLEGE OF OSTEOPATHIC MEDICINE



Department of Psychology
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Philadelphia PA 19131-1693

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Philadelphia College of
Osteopathic Medicine

COGNITIVE BEHAVIOR THERAPY CBT

2009/2010

Cognitive Behavior Therapy I

INTRODUCTION TO COGNITIVE THERAPY

SEPTEMBER 12, OCTOBER 10, AND
NOVEMBER 7, 2009

The goal of this introductory course will focus on the theoretical, historical, philosophical, and technical basis of Cognitive Behavior Therapy. An integral part of the course will be to develop and understand current therapeutic models covering basic techniques, strategies and conceptualizations.

TOPICS TO BE COVERED INCLUDE:

- Depression
- Phobias and Anxiety Disorders
- Developing client-therapist rapport
- Structuring the therapy session
- Setting the agenda
- Cognitive and behavioral strategies
- Issues of compliance, resistance, and termination

Successful completion of this course will be demonstrated through required readings and a written examination.

Participants already familiar with the theories of Cognitive Therapy may request a waiver for this course. A written examination may be required to determine mastery of material. All other courses must be taken in sequence. Please contact our office for more details.

Target Audience: Doctoral Level Psychologists and Other Mental Health Practitioners

Level of Instruction: Intermediate
Number of CE Credits Offered: 18 Cost: \$450.00

For Cognitive Behavior Therapy I-IV, lists of specific and measurable educational objectives have been delineated, and are included in the course syllabi provided to all students. These are available for preview upon request. These objectives clearly define what the participant will know or be able to do as a result of attending each course.

Registration

Registration form and payment will be accepted by mail or fax to:

Linda Miller, Department of Continuing Education
4170 City Avenue, Philadelphia, PA 19131
(fax) 215-871-6781

If you have any questions, please call the Department of Psychology at 215-871-6442.

Since enrollment is limited, please return your completed registration form along with your payment to secure your place.

Cognitive Behavior Therapy II

CLINICAL APPLICATIONS OF COGNITIVE THERAPY

DECEMBER 12, 2009, JANUARY 16, 2010 AND
FEBRUARY 20, 2010

The goal of this course is to build on the theories and techniques of the introductory course. Specific treatment of various psychological disorders will be covered.

TOPICS TO BE COVERED INCLUDE:

- Families
- Children and adolescents
- Couples
- Personality disorders
- Eating disorders

Successful completion of this course will require the submission of a paper addressing a clinical application of Cognitive Therapy.

Target Audience: Doctoral Level Psychologists and Other Mental Health Practitioners

Level of Instruction: Intermediate
Number of CE Credits Offered: 18 Cost: \$450.00

About the Faculty

Arthur Freeman, EdD, ABPP, is Professor and former Chair of the Department of Psychology at PCOM. He was a senior consultant and supervisor at the Center for Cognitive Therapy at the University of Pennsylvania for 17 years. Dr. Freeman holds Diplomates in Clinical Psychology, Behavioral Psychology and Family Psychology from The American Board of Professional Psychology and is a fellow of the American Psychology Association. He is past president of the Association for Behavioral and Cognitive Therapies. Dr. Freeman has published 50 books and 55 journal articles, reviews, and commentaries. His works have been translated into Bulgarian, Chinese, Dutch, German, Italian, Japanese, Korean, Portuguese, Russian, Spanish, and Swedish. He has been visiting professor at the Universities of Gothenburg and Umea in Sweden, Shanghai Second Medical University in the People's Republic

of China and the University of Catania in Italy. He has presented seminars and workshops in 30 countries over the past 27 years.

Robert A. DiTomasso, PhD, ABPP is Professor and Chairman of the Department of Psychology. He is a Diplomate in Clinical Psychology of the American Board of Professional Psychology, a Fellow of the Academy of Clinical Psychology, and a Founding Fellow of the Academy of Cognitive Therapy. He earned his doctoral degree in Professional-Scientific Psychology at the University of Pennsylvania where he received the William E. Arnold Award in recognition of outstanding leadership and scholarship. He completed a clinical psychology internship under the direction of the late Joseph Wolpe, MD at the Behavior Therapy Unit of Eastern Pennsylvania Psychiatric Institute, Temple University School of Medicine, Department of Psychiatry. He has extensive teaching experience, having served as adjunct associate

Cognitive Behavior Therapy III

CLINICAL SUPERVISION AND PRACTICE

MARCH 20, APRIL 17, MAY 15, 2010

The goal of this course is the development of clinical skills through the presentation and discussion of actual cases. Participants will have the opportunity to observe and discuss various strategies as well as present a prepared case demonstrating his/her own clinical skills.

PRESENTATION OF CASES WILL INCLUDE:

- Video and audio tapes
- Role-playing
- Observation
- Small group interactions

Successful completion of this course requires a presentation of a prepared case and an audio or video tape of a clinical session that will be reviewed by the instructor.

Target Audience: Doctoral Level Psychologists and Other Mental Health Practitioners

Level of Instruction: Intermediate
Number of CE Credits Offered: 18 Cost: \$450.00

professor at the University of Pennsylvania for many years. For 19 years, he served as associate director of Behavioral Medicine at the West Jersey Health System Family Medicine Residency. His specialty is the cognitive behavioral treatment of anxiety and anxiety-related medical disorders. Dr. DiTomasso teaches in the APA-Accredited PsyD Program in Clinical Psychology. He has published 50 chapters, articles and reviews. Dr. DiTomasso co-edited a book entitled *Anxiety Disorders: A Practitioner's Guide to Comparative Treatments* with Elizabeth Gosch, PhD for Springer Publishers. His most recent book with Barbara Golden, PsyD, ABPP and Harry Morris, DO, MPH entitled *The Handbook of Cognitive Behavioral Approaches in Primary Care* is currently in Press with Springer Publishers.

As appropriate, we will feature guest lecturers on relevant Cognitive Behavior Therapy topics.

Cognitive Behavior Therapy IV

SPECIAL TOPICS IN COGNITIVE THERAPY AND INTEGRATING CASE SEMINAR

JUNE 12 AND JUNE 13, 2009* (*This class is reserved for students enrolled in the CAGS Program at PCOM)

The goal of this final course in the Cognitive Behavior Therapy Certificate Series will be to address topics that have been collaboratively chosen by the participants and instructor

SPECIAL TOPICS MAY INCLUDE:

- Case conference and conceptualization
- Research in Cognitive Therapy
- Cognitive Therapy with children and families
- Cognitive Therapy in medical settings and schools
- Anxiety or other topics

Completion of the Certificate Series requires consistent attendance and completion of the requirements for each of the four courses.

Target Audience: Doctoral Level Psychologists and Other Mental Health Practitioners

Level of Instruction: Intermediate
Number of CE Credits Offered: 6 Cost: \$125.00

Certificate Series Fees*

CBT I: INTRODUCTION TO COGNITIVE THERAPY	\$450.00
CBT II: CLINICAL APPLICATIONS OF COGNITIVE THERAPY	\$450.00
CBT III: CLINICAL SUPERVISION AND PRACTICE	\$450.00
CBT IV: SPECIAL TOPICS IN COGNITIVE THERAPY	\$125.00
TOTAL	\$1,475.00

* Note: If registering for the entire series with full payment in advance, the net tuition will be \$1,350.00. This does not refer to CAGS students.

Tuition is due prior to the beginning of each course.

Registration Form

Last Name _____

First Name _____ M. I. _____

Professional Field _____

Home Address _____

City _____ State _____ Zip _____

Home Phone _____

Cell Phone _____

E-mail _____

Company/Organization _____

Business Address _____

City _____ State _____ Zip _____

Business Phone _____

Name to appear on certificate: (please print) _____

Payment will be made by:

- Check Money order Visa
 MC Other Cash

Card No. _____

3-digit security code (on back of card) _____

Exp. Date _____

Total Payment: \$ _____ **Tuition Payment (CAGS)**

Type of credits: (please check one)

- Psychologist Certified Counselors
 Social Work Certificate of Attendance

Make checks payable to PCOM.

Refunds will be made only for cancellations received prior to the first class.

TYPE OF REGISTRATION

- Philadelphia on-site
 CBT Registration CBT CAGS Registration
- Entire series: \$1,475.00
 CBT I: \$ 450.00 CBT III: \$ 450.00
 CBT II: \$ 450.00 CBT IV: \$ 125.00
- Total Fee: _____