

## ■ Cognitive Behavior Therapy I

### INTRODUCTION TO COGNITIVE THERAPY

**SEPTEMBER 12, OCTOBER 10 AND NOVEMBER 14, 2015**

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

#### TOPICS TO BE COVERED INCLUDE:

- Developing client-therapist rapport
- Structuring the therapy session
- Setting the agenda
- Cognitive and behavioral strategies
- Depression
- Phobias and anxiety disorders
- 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 will 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 hours/credits Offered:** 18 **Cost:** \$450

## ■ Certificate Series Fees\*

CBT I: INTRODUCTION TO COGNITIVE THERAPY	\$450
CBT II: CLINICAL APPLICATIONS OF COGNITIVE THERAPY	\$450
CBT III: CLINICAL SUPERVISION AND PRACTICE	\$450
CBT IV: SPECIAL TOPICS IN COGNITIVE THERAPY	\$125
<b>TOTAL</b>	<b>\$1,475</b>

\* Note: If registering for the entire series with full payment in advance, the net tuition will be \$1,350. This does not refer to CAGS students.

Tuition is due prior to the beginning of each course.

## ■ Cognitive Behavior Therapy II

### CLINICAL APPLICATIONS OF COGNITIVE THERAPY

**DECEMBER 12, 2015, JANUARY 9 AND FEBRUARY 6, 2016**

The goal of this course is to build on the theories and techniques of the introductory course. Specific treatment of various populations and 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 hours/credits Offered:** 18 **Cost:** \$450

## ■ Cognitive Behavior Therapy III

### CLINICAL SUPERVISION AND PRACTICE

**MARCH 5, APRIL 9 AND MAY 7, 2016**

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 their 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 hours/credits Offered:** 18 **Cost:** \$450

## ■ Cognitive Behavior Therapy IV

### SPECIAL TOPICS IN COGNITIVE THERAPY AND INTEGRATING CASE SEMINAR

**JUNE 11 AND JUNE 12, 2016\***

\*The June 12 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 is 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

Successful completion of CBT IV requires successful completion of a written examination.

**Target Audience:** Doctoral-Level Psychologists and Other Mental Health Practitioners  
**Level of Instruction:** Intermediate  
**Number of CE hours/credits Offered:** 6 **Cost:** \$125

## ■ 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 once a month on Saturdays, for mental health professionals and students at the graduate and post-graduate level who are interested in learning the concepts and 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 Night Speaker Series)

The Department of Psychology invites you to our Rovinsky Family Lectureship to consider some current, critical 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.

## ■ Continuing Education Credit

### PSYCHOLOGISTS:

Philadelphia College of Osteopathic Medicine (PCOM), Department of Psychology is approved by the American

Psychological Association (APA) to sponsor continuing education for psychologists. The Department of Psychology maintains responsibility for this program and its content. Eighteen CE hours/credits each for CBT I, II, III, and six CE hours/credits for CBT IV or 60 CE hours/credits for the entire series are awarded for psychologists who complete the entire Cognitive Behavior Therapy Series. To receive credits, attendees must attend all sessions for the entirety of each session, sign in and sign out at the end of the day, and successfully complete all assignments and evaluation forms.

### SOCIAL WORKERS:

Philadelphia College of Osteopathic Medicine (PCOM), Department of Psychology is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Department of Psychology maintains responsibility for this program and its content. Eighteen CE hours/credits each for CBT I, II, III, and six CE sponsor hours/credits for CBT IV or 60 CE hours/credits for the entire series are awarded to social workers who complete the entire Cognitive Behavior Therapy Series. The Pennsylvania Board of Social Work Examiners recognizes and accepts psychology continuing education hours/credits for social workers. Social workers will receive a Certificate of Attendance. Students must attend all day to receive CE credits, sign in and sign out at the end of the day, and successfully complete all assignment and evaluation forms.

### CERTIFIED COUNSELORS:

Philadelphia College of Osteopathic Medicine (PCOM), Department of Psychology, 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 (PROVIDER #5672). Eighteen CE hours/credits each for CBT I, II, III, and six CE hours/credits for CBT IV or 60 CE hours/credits for the entire series are awarded for NBCC counselors who complete the entire Cognitive Behavior Therapy Series. To receive credits, attendees must attend all sessions for the entirety of each session, sign in and sign out at the end of the day, and successfully complete all assignments and evaluation forms.

NOTE: All Certificates of Attendance for the series are provided at the completion of the final class in June. All students must begin with the September class. Attendees who need graduate credits for this class must apply and be accepted into 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 a.m. to noon and 1:00 to 4:00 p.m. on PCOM's main campus at 4190 City Avenue. Convenient off-street parking is available.

## ■ 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 sec. 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

### ■ Type of Registration

- Philadelphia on-site  
 **CBT Registration**     **CBT CAGS Registration**  
 Entire series: \$1,475  
 CBT I: \$ 450     CBT III: \$ 450  
 CBT II: \$ 450     CBT IV: \$ 125

Total Fee: \_\_\_\_\_

### Make checks payable to PCOM.

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