

Attend this dynamic workshop, "Scared Stiff", and enhance your ability to:

- Track therapeutic progress and monitor the therapeutic alliance.
- Implement the five steps in Agenda Setting.
- Develop creative, powerful, individualized treatment plans that target each patient's unique problems.
- Integrate the Cognitive, Behavioral and Hidden Emotion Models in the treatment of a wide range of anxiety disorders.
- Select the most effective interventions for each anxiety disorder.

Overall Goal:

Participants will learn to diagnose and treat anxiety disorders and comorbid conditions

Institute for the Advancement of Human Behavior
4370 Alpine Road, Suite 209
Portola Valley, CA 94028

Non-Profit
Organization
U.S. Postage
PAID
IAHB

What past attendees have to say about Dr. Burns' workshop:

- "I attended your seminar last week; it was powerful and transforming! I've used CBT for years, but you made it come alive and have given me new tools to use."
— Bruce P. Mindrup, PhD Candidate
- "This is the second time I have heard Dr. Burns (through your institute). I admire his energy, his warmth, his openness to questions. Thanks for this brilliant professional."
— Dartene Coleman Duncan, PhD
- "Dr. Burns does an excellent job of explaining the material presented. He is very human and approachable."
— Donna Vernardos, LCSW
- "Well done — and packed with info."
— Joan Roach
- "This has been the best workshop and presenter I have seen in a while. I came away energized and refreshed...and challenged."
— Past attendee
- "The techniques taught are invaluable in working with clients and in one's personal life."
— Kathleen Strauss, PhD

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

Register Online at www.iahb.org or Call (800) 258-8411

Institute for the Advancement of Human Behavior

INNOVATIVE CLINICAL TRAINING FOR BEHAVIORAL HEALTHCARE PROFESSIONALS

"Scared Stiff"

Fast, Effective Treatment for Anxiety Disorders

A 2-Day Intensive Workshop

presented by

David D. Burns, MD

Author of the phenomenal bestseller
Feeling Good: The New Mood Therapy

Fall 2005

Sept. 23-24: Cambridge, MA
Oct. 21-22: Houston, TX
Nov. 4-5: Detroit, MI
Dec. 2-3: Baltimore, MD

Earn 13 CE/CME Credit Hours

Register Early! Space is Limited

Day One

- 7:45 am Registration and CE/CME Check-in
- 8:30 am **Three Powerful Treatment Models**
 - The Cognitive Model: I THINK, therefore I FEAR
 - The Behavioral Model: Taking a page from the *Tibetan Book of the Dead*
 - The Hidden Emotion Model: Peeking under the carpet
- Measurement: A Boring Topic with Exciting Implications**
 - How to track progress on a session-by-session basis
 - How to monitor the therapeutic alliance
- 12:00 noon Lunch (on your own)
Optional Presentation: A Speedy Diagnostic System for DSM IV
- 1:00 pm **Join the A-TEAM**

Agenda Setting: The Key to Successful Treatment

- Invitation
- Specificity
- Conceptualization
- Motivation
- Methods

Four Common Patterns of Resistance

- Depression
- Anxiety
- Anger
- Addictions

Getting Started

- The Daily Mood Log
- The Recovery Circle

Clinical Example: Shyness

The Man Who Was Afraid to Flirt

Live Demonstration:

Public Speaking Anxiety

4:30 pm Adjourn

*Taping of this workshop is not permitted.
Room temperature varies - please dress in layers.*

Day Two

- 7:45 am Registration and CE/CME Check-in
- 8:30 am **The Cognitive Model**
 - Truth-based techniques
 - Compassion-based techniques
 - Uncovering techniques
 - Motivational techniques
 - Quantitative techniques
 - Visual imaging techniques
 - Humor-based techniques
 - Role-playing techniques
 - Spiritual techniques
- 12:00 noon Lunch (on your own)
Optional Presentation: Current Controversies
- 1:00 pm **The Hidden Emotion Model**
 - GAD
 - OCD
 - Performance anxiety
 - Phobias
 - Panic disorder

Innovations in Exposure Therapy

- Classical exposure techniques
 - Gradual exposure
 - Flooding
 - Response prevention
- New cognitive exposure techniques
 - Feared fantasy
 - Cognitive flooding
 - Shame-attacking exercises
- Virtual reality

Treatment Algorithms

- What are the most effective techniques for each anxiety disorder?
- Do we treat anxiety "disorders" or people who feel anxious?

Getting Better vs. Feeling Better: Relapse Prevention Techniques

- Externalization of voices
- Reframing the anxiety

4:30 pm Adjourn



David D. Burns, M.D. is an Adjunct Clinical Associate Professor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine and has served as Visiting Scholar at Harvard Medical School (1998). He is certified by the American Board of Psychiatry and Neurology. His bestselling book, *Feeling Good: The New Mood Therapy* (1980) has sold over four million copies worldwide and is the book most often recommended by American and Canadian mental health professionals to patients suffering from depression. His new book on the treatment of anxiety disorders will be released in 2006.

Although he is best known for his work in psychotherapy, Dr. Burns has also done significant research on the central nervous system and received the A.E. Bennett Award for his studies of serotonin metabolism. Currently he is investigating variables associated with therapeutic success or failure. His

research has been published in numerous scientific journals.

Dr. Burns is a dynamic and engaging educator. Every year, thousands of health professionals attend his workshops.

WHY YOU SHOULD ATTEND

In this workshop, Dr. Burns will describe three powerful models for the treatment of anxiety disorders:

The Cognitive Model is based on the idea that anxiety results from distorted negative thoughts (such as fortune-telling, magnification, emotional reasoning, hidden should statements, and others) and from Self-Defeating Beliefs (such as Perceived Perfectionism, Conflict Phobia, the Brushfire Fallacy, and others). Dr. Burns will illustrate numerous cognitive techniques such as Agenda Setting, the Daily Mood Log, the What-If Technique, the Feared Fantasy, the Acceptance Paradox, Self-Monitoring, the Cost-Benefit Analysis, Paradoxical Magnification, and others.

The Behavioral Model is based on the idea that anxiety results from avoidance, and that exposure is necessary for successful treatment. Dr. Burns will illustrate classical exposure techniques, such as Gradual Exposure, Flooding, and Response Prevention, as well as many innovative cognitive exposure techniques, such as Cognitive Flooding, Memory Rescripting, Shame-Attacking Exercises, Self-Disclosure, and others.

The Hidden Emotion Model is based on the idea that anxious individuals are nearly always exceptionally "nice" individuals who sweep their feelings under the carpet in order to please others. Anger, vulnerable feelings, or unexpressed desires typically lurk under the anxiety. However, the anxious individual seems totally unaware of this and repeatedly insists that everything is fine—except for the anxiety. When the patient brings the problem to conscious awareness and expresses the feelings, the anxiety often disappears.

Dr. Burns will illustrate how to integrate all three models in the treatment of Generalized Anxiety Disorder (GAD), Specific Phobias, Agoraphobia, Social Phobia, Panic Disorder, OCD, PTSD, Performance Anxiety, Body Dysmorphic Disorder and Hypochondriasis. He will also emphasize the importance of assessing and treating comorbid difficulties such as depression, addictions, and personality disorders.

Dr. Burns will not present a grab bag of techniques or formulas for various "disorders". Instead, he will show how to create a warm, vibrant collaborative relationship and develop a systematic, individualized treatment plan that specifically targets each person's unique problems and needs. Teaching methods will include lecture, role-playing demonstrations, and interactive exercises.

Dates and Locations

Sept. 23-24	Hotel@MIT , 20 Sydney Street, Cambridge, MA 02139 (617) 577-0200
Oct. 21-22	Hilton Houston Post Oak , 2001 Post Oak Blvd., Houston, TX 77056 (713) 961-9300
Nov. 4-5	Birmingham Conf. Ctr. , 31301 Evergreen, Beverly Hills, MI 48025 (248) 203-3670
Dec. 2-3	Radisson Hotel at Cross Keys , 5100 Falls Rd., Baltimore, MD 21201 (410) 532-6900

Discounts *(Must be noted on 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.

Alumni: Deduct \$20 from applicable tuition if you have attended an IAHB workshop in the last 12 months.

Full-time students: Deduct \$50 from applicable tuition. Proof of full-time status (undergraduate:12 or more units; graduate: 6 or more units; or intern) must accompany your registration.

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 refund will be issued within 7 days prior to the workshop. If IAHB cancels a workshop, tuition will be refunded in full.

Workshop Aides Save \$100 on your tuition by working as an aide at the beginning and end of each day and at breaks. Check box labeled "Workshop aide" on the registration form and include payment for \$149. Selection is on a first-come, first-served basis. Act now; positions fill quickly. Aides must arrive at 7:00am.

Who Should Attend

-- Psychologists	-- CEAPs	-- Graduate students and interns
-- Social Workers	-- MFCCs/MFTs/Counselors	-- Psychiatric Residents
-- Licensed Professional Counselors	-- Substance Abuse Counselors	-- Rehabilitation Counselors
-- Physicians	-- Special Education Teachers	-- Other Helping Professionals
-- Nurses	-- Case Managers	interested in learning cutting-edge
-- Pastoral Counselors	-- Mental Health Agency Staff	treatments for anxiety disorders

Continuing Education

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

Alcoholism & Drug Abuse Counselors: Approved by National Association of Alcoholism and Drug Abuse Counselors (NAADAC Provider #000187) for 13 CEHs; Provider approved by CAADAC, Provider #4S-86-074-1006, an ICRC member which has reciprocity with most ICRC member states for 13 CEHs.

CEAPs: IAHB has applied for 13 Professional Development Hours to the Employee Assistance Certification Commission. Approval pending.

Counselors & MFTs: IAHB is recognized by the National Board of

Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines (NBCC Provider #5216). This program is approved by the Illinois Board of Professional Regulation (MFT Lic.#168-000119); and the State of Ohio Counselor Board (Provider #RCX029501). This course meets the qualifications for 13 hours of CE credit for MFTs as required by the CA Board of Behavioral Sciences (Provider#: PCE 36).

Nurses: IAHB is accredited as a provider of CE in nursing by Utah Nurses Association, which is accredited as an approver for the American Nurses Credentialing Ctr.'s Commission on Accreditation (UNA=15.6 contact hrs; Provider Code P03-07); Provider approved by California Board of Registered Nursing (BRN Provider #CEP 2672) for 13 contact hours.

Workshop	Speaker	Location	Date
Cognitive Therapy for Patients with Personality Disorders	Judith Beck, PhD	Atlanta, GA	Nov. 4
Treating Complex Psychological Trauma: PTSD, Borderline Personality and Beyond	John Briere, PhD	Seattle, WA Columbus, OH Baltimore, MD Portland, OR Sacramento, CA	Sept. 23-24 Sept. 30-Oct. 1 Oct. 7-8 Oct. 21-22 Oct. 28-29
"... And It's All Your Fault!": Mastering the New Cognitive Interpersonal Therapy	David Burns, MD	Atlanta, GA Durham, NC	Oct. 5-6 Oct. 7-8
Comprehensive Treatment of Children and Adolescents with Bipolar Disorder	Kiki Chang, MD	S. San Francisco, CA Baltimore, MD Bethesda, MD Concord, CA	Oct. 7 Nov. 3 Nov. 4 Dec. 2
Stop Walking on Eggshells: How to Do Counseling with Reactive and Reluctant Adolescents	Janet Edgette, PsyD	Lisle, IL St. Louis, MO St. Paul, MN Cleveland, OH Cincinnati, OH Columbus, OH	Oct. 5 Oct. 6 Oct. 7 Oct. 14 Nov. 30 Dec. 1
The Titans' Fire: Integrated Care and Empowerment for People in the Bipolar Spectrum	Michael A. Freeman, MD	Bellingham, WA	Oct. 22
ENRAGED! Addressing Violent Behavior Toward Self and Others in Adult Psychiatric Patients	Donald Meichenbaum, PhD	Bellingham, WA	Oct. 21

****All locations and dates are accurate at time of printing. Please call for more information.****

Physicians: IAHB is accredited by the Accreditation Council for CME to provide continuing medical education for physicians. IAHB designates this educational activity for a maximum of 13 hours in Category I credit towards the AMA Physician's Recognition Award. Each physician should claim only those hours of credit actually spent on the educational activity.

Psychologists: IAHB is approved by the American Psychological Assn. (APA) to offer CE for psychologists. IAHB maintains responsibility for the program. This activity is offered for 13 credit hrs. Psychologists must attend entire workshop to receive credit.

Social Workers: Approved by the Alabama State Board of Social Work Examiners; the IL Dept. of Prof. Reg. (Lic. #159-000223); the Iowa Board of Social Work Examiners (Provider #106); the State of Ohio Social Worker

Board (Provider #RSX039403), the State of MD Board of Social Work Examiners to sponsor Category 1 CE programs; this activity is eligible for 13 hrs. This course meets the qualifications for 13 hours of CE credit for LCSWs as required by the CA Board of Behavioral Sciences (Provider#: PCE 36).

IAHB has approval to provide CE for professional boards in a number of other states. Call us for information. In all cases, IAHB, as the approved sponsor, maintains responsibility for the course offered and for following the standards and regulations of the organizations listed above.

Note: Some state-level boards have reciprocity with national accrediting organizations or other state boards. Please contact your licensing board regarding the boards with whom they have reciprocity.

To Order: Complete form below, indicating your selections, and mail it with payment to ACEI, P.O. Box 17980, St. Paul, MN 55117. Please make checks out to ACEI. You may also order by phone (800) 258-8411. Please note: Orders can only be shipped to your mailing address (no P.O. Box). Please allow 4 to 5 weeks for delivery.

BOOKS:

	Quantity	Amount
Therapist's Toolkit (many clinical forms and scales - reproduce royalty-free!) David Burns, M.D.		\$189.00
HOME STUDY AUDIO COURSES (Includes tapes or CDs, handouts, and post-test):		
Fast, Effective Treatment for Anxiety Disorders (13 CE/CME hrs) David Burns, M.D.		\$149.00
How to Overcome Anger and Interpersonal Conflict (13 CE/CME hrs) David Burns, M.D.		\$149.00
When Push Comes to Shove (Domestic Violence) (7 CE/CME hrs) David Wexler, Ph.D.		\$89.00
Relationships in Conflict (12 CE/CME hrs) David Wexler, Ph.D.		\$129.00
Compassion's Boundaries: Law and Ethics for Psychotherapists <i>(Satisfies licensure requirements in several states, and qualifies for American Professional Agency 5% insurance discount -- please call for information)</i> A. Steven Frankel, Ph.D., J.D.	(6 CE/CME hrs)	\$79.00
Stop Walking on Eggshells: Dealing with Difficult Adolescents Janet Edgette, Psy.D.	(6 CE/CME hrs)	\$79.00
Treating Complex Psychological Trauma (12 CE/CME hrs) John Briere, Ph.D.		\$129.00

Home study audio courses have been recorded at live workshops, and include the course handouts. You may find detailed descriptions of these and other IAHB home study courses at www.iahb.org.

Subtotal	
Connecticut residents add sales tax	
Shipping & Handling: 1 item \$6.00, each add'l item \$2.00. Burns' Toolkit: \$10.00	
Total (US dollars)	

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

BUA5B

Name _____ Degree _____ CDs or Tapes _____
 Address _____
 City _____ State _____ Zip _____
 Phone(_____) _____ Fax(_____) _____
 Check payable to ACEI
 Credit Card# _____ Exp. date ____/____/____
 Signature _____ Cardholder _____

Sept. 23-24 Cambridge, MA BUA5BBS
Oct. 21-22 Houston, TX BUA5BHU

Nov. 4-5 Detroit, MI BUA5BDT
Dec. 2-3 Baltimore, MD BUA5BBM

Name _____ Degree _____
 Company _____
 Address _____
 City _____ State _____ Zip _____
 Phone (_____) _____ Fax (_____) _____
 Email Address _____

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

Profession _____ License(s) # _____

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

Registration Fees

- \$249 Early Registration (Must be postmarked at least 14 days prior to workshop)
- \$269 Regular Registration (Must be received by noon the day prior to workshop)
- \$289 On-Site registration (If space is still available)
- \$149 Workshop aide (Please call for approval. No other discounts apply.)

Discounts (Only one discount per person on a 2-day registration only)

- 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.

YOUR PRIORITY CODE

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

Method of Payment

Check enclosed made payable to ACEI (U.S. bank)
 Credit Card # _____ Exp. date ____/____/____
 Cardholder name _____
 Signature _____

Return this form with payment to:
 ACEI, P.O. Box 17980
 St. Paul, MN 55117

With Credit Card only:
 Register by Phone: (800) 258-8411
 Online: www.iahb.org or Fax: (651) 489-3387

Guarantee: If, at the first morning break, you are dissatisfied, simply inform the on-site coordinator and turn in all materials. Write to us requesting a refund and tell us why the workshop did not meet your needs. Your money will be refunded upon receipt of your written request.