

## **Intensive Cognitive Therapy Training**

**Hope Family Health Center presents Intensive Cognitive Therapy Training. Leslie Sokol, Ph.D., Director of Education for the Beck Institute for Cognitive Therapy and Research in Philadelphia will be providing invaluable information regarding the best practices for CBT use in a population affected by emotional trauma, anxiety, and depression. In addition, the audience will be provided with the opportunity to present the unique challenges of applying CBT to populations of clients who have faced emotional trauma from domestic violence, family violence, illegal drug related violence, and immigration issues**

### **Learning Objectives:**

- **Become familiar with the cognitive model**
- **Apply a cognitive conceptualization to a trauma client.**
- **Identify the Cognitive Model and Treatment of Depression**
- **State the Cognitive Model of Anxiety and its application to specific anxiety disorders including Post Traumatic Stress Disorder**
- **Use specific strategies in the treatment of Anxiety**
- **Apply specific tools in restructuring faulty attributions from trauma**

### **Event Info**

**May 6, 2010**

**8am Registration and Continental Breakfast  
9am-4pm Intensive CBT Training**

**McAllen Convention Center  
700 Convention Center Blvd  
Meeting Room 103, West Entrance  
McAllen, TX 78501**

**6 CEU's provided for LPC's, Social Workers, and Psychologists**

**\*Psychologists will need to independently submit for certificate for a fee of \$10. Additional information will be provided at the event.**

**\*\*No refunds after 04/15/10**