



# Rapid Recovery From Trauma

## New, High-Speed TEAM-CBT Treatment Techniques

Presented by

# David Burns, M.D.

Author of:

- *Feeling Good*
- *The Feeling Good Handbook*
- *When Panic Attacks*
- *Ten Days to Self-Esteem*
- *Feeling Good Together*
- *Intimate Connections*
- *Therapist's Toolkit*

**Thursday & Friday - March 22 & 23, 2018**  
**Lancaster Host Hotel Lancaster, PA**  
**Or Attend Via Live Webinar**

### Live Webinar Option

You can view this seminar as a live interactive Webinar Webcast on your computer via any high speed internet connection. **Many states accept Live Interactive Webinar attendance as In-Person CE.**

For more information and a preview of the Webinar site:

- Go to [www.beaconliveweb.com](http://www.beaconliveweb.com) - Enter *jkseminars1* as the meeting room (no spaces)
- No access code required - Enter xxx for the company

### Audience

#### Human Service Professionals

- psychologists
- social workers
- mental health counselors
- school counselors and psychologists
- child and adolescent psychiatrists
- drug & alcohol counselors
- marriage & family therapists
- case managers
- psychiatric nurses
- occupational therapists
- rehabilitation counselors
- graduate students

### Up to 15 CE Hours Credit for Most Professions

- Psychologists
- Nurses
- Social Workers
- NBCC Counselors
- D&A Professionals - PCACB
- Occupational Therapists

**All Professional Attendees Must Pick Up Their  
Certificates at the End of the Seminar  
We Will Mail Certificates for Webinar Attendees  
the Week of April 2**

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### Objectives:

Participants will be able to describe:

- The main cause of nearly all therapeutic failure
- The four components of TEAM-CBT
- How to track therapeutic progress at every session
- The 5 secrets of effective communication
- The 8 most common forms of therapeutic resistance
- Powerful resistance-busting techniques
- How to uncover and modify self-defeating beliefs
- Powerful relapse prevention techniques

### Thursday, March 22, 2018

7:15 a.m. Registration (*continental breakfast*)

8:15 **Intro to TEAM-CBT Applied to Trauma**

- Sources and Impact of Trauma
- Treatment Myths
- Ultra-High Speed Treatment - Is It Possible?
- What is TEAM-CBT

10:05 **Break** (*coffee and tea*)

10:20 **How TEAM-CBT Basics**

- A Case of Severe Trauma: Is Single Treatment Really Possible? Or Even Desirable

12:15 p.m. **Lunch** (*on your own*)

12:45 30 minute *Optional Lunch Presentation (no CE)*

- T = Testing: Exciting Techniques That Will Boost Your Understanding and Effectiveness

1:15p.m. **Overcoming Therapeutic Resistance**

- E = Advanced Empathy Training - Live Demo.
- The Eight Forms of Therapeutic Resistance
- How to Overcome Each Form of Resistance

2:45 **Break** (*coffee, ice tea, soda, snack*)

3:00 **Case Study - Application of TEAM-CBT**

- Patient with Suicidal Depression, Intermittent Explosive Disorder, and Severe Addiction

4:45 **Dinner Break (On Your Own)**

### Optional Evening Program

2.5 CE Hours Extra Credit

6:15 p.m. - 8:45 p.m.

**T.E.A.M – CBT Live Demonstration  
by Dr. Burns with Audience Volunteer**

*Dr. Burns will attempt to complete a course of psychotherapy in a single session with a participant who has experienced severe trauma. This demonstration promises to be the highlight of the workshop.*

### About The Workshop

Dr. Burns will describe how the TEAM-CBT treatment approach can be used with clients dealing with trauma. **TEAM** refers to **T**esting, **E**mpathy, **A**genda Setting & **M**ethod. Based on research on how psychotherapy actually works, it addresses many of the shortcomings in traditional CBT. TEAM-CBT offers rapid, profound, and lasting clinical change. **It's like CBT on steroids.**

In this exciting workshop you will learn practical methods you can use right away in your clinical work. Although the focus will be on the treatment of clients who have experienced severe trauma, you will find the techniques will dramatically improve your effectiveness with all your depressed and anxious clients.

Have you also experienced trauma? Do you sometimes struggle with feelings of inadequacy and self-doubt? The segments on personal healing will deepen your understanding of TEAM-CBT and help you develop greater self-esteem, confidence, and joy in your clinical work and personal life.

### Friday, March 23, 2018

7:15 a.m. Registration (*continental breakfast*)

8:15 **TEAM-CBT In Action**

- Example: A Woman With A Lifetime of Abuse
- Invitation, Magic Button, Dangling the Carrot, Positive Reframing, Magic Dial
- Exercise: *Positive Reframing*

10:05 **Break** (*coffee and tea*)

10:20 **The Dark Side of Clinical Work**

- An Unexpected Client Suicide
- Psychoanalysis at Warp Speed - How to Uncover Interpersonal Self-Defeating Beliefs
- Compassion-Based Techniques: A Case of Terminal Cancer

12:15 **Lunch** (*on your own*)

12:45 30 minute *Optional Lunch Presentation (no CE)*

1:15 p.m. **TEAM-CBT Treatment Techniques**

- Externalization of Voices - Self-Defense vs. the Acceptance Paradox - Exercise: *Healing Yourself*
- Classical, Cognitive, and Interpersonal Exposure
- Memory Rescripting: Agoraphobic Student with a History of Sexual Abuse

**Relapse Prevention Training that Really Works**

- Feeling Better vs. Getting Better

3:00 p.m. **Adjournment (Pick up certificates)**

**Attendees of this Seminar/Webinar  
qualify for Level 1 TEAM-CBT Certification**

This is the 1st of 5 levels of skill mastery identified by the *Feeling Good Institute* in Mt. View, California.

For more information go to

[www.feelinggoodinstitute.com/Certification](http://www.feelinggoodinstitute.com/Certification)

## Hotel Accommodations

You must make your own overnight accommodations. A block of rooms has been reserved at the **Lancaster Host Hotel** (2300 Lincoln Hwy E.) Call the Host for reservations - **800-233-0121**

Mention *J&K Seminars* to receive a \$129 per room rate

**OR**

reserve your room at [www.LancasterHost.com](http://www.LancasterHost.com)

Use code **SEMIN**

**We encourage reservations by February 9**

Call *J&K Seminars* for information about other hotels  
800-801-5415



**Your nametag, receipt, and driving directions will be mailed to you the week of February 26**

For information visit [www.jkseminars.com](http://www.jkseminars.com)  
or email: [jk@jkseminars.com](mailto:jk@jkseminars.com)

## Continuing Education Certification

**Those who arrive late or leave early will not receive CE certificates of full attendance.**

**Attendees must complete the feedback form to receive their CE certificate. We do not provide part-day CE certificates of attendance. Unless otherwise indicated, attendees receive 12.5 hours CE credit for attending both days. (7 for first day and 5.5 for second day)**

**Receive an additional 2.5 CE hours for attending the optional Thursday evening program.**

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- *J&K Seminars, LLC* has been approved by **NBCC** as an Approved Continuing Education Provider #5599. Programs that do not qualify for NBCC credit are clearly identified. *J&K Seminars* is solely responsible for all aspects of the programs.
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- *J&K Seminars, LLC* is an approved provider of continuing education by **NAADAC & the Pennsylvania Certification Board -PCB** Approved Education for addiction and drug & alcohol professionals
- *J&K Seminars, LLC* is approved by the PA Dept. of Education to award **Act48** credit
- *J & K Seminars, LLC*, SW CPE is recognized by the **New York State Education Department's State Board for Social Work and State Board for Mental Health Practitioners** as an approved provider of continuing education for licensed **social workers** #SW-0174, licensed **marriage & family therapists** #MFT0041, and licensed **mental health counselors** #MHC-0077

**Refund Policy:** Full refunds will be provided before Feb. 9. A \$10 administrative charge will be deducted from refunds requested after Feb. 9. No refunds will be given after March 20 or for "no-shows." If the program is cancelled for any reason, the liability of *J&K Seminars, LLC* shall be limited to a full refund of registration fees. To date, no *J&K Seminars* program has ever been cancelled.

***We accommodate persons with disabilities. Please let us know of any disability which may require special assistance.***

**For more information, phone (800) 801-5415 or email - [JK@jkseminars.com](mailto:JK@jkseminars.com)**

## David D. Burns, M.D.

Dr. Burns graduated Magna Cum Laude from Amherst College, received his M.D. from Stanford University School of Medicine, and completed his psychiatry residency at the University of Pennsylvania School of Medicine. He has served as Acting Chief of Psychiatry at the Presbyterian/University of Pennsylvania Medical Center (1988) and Visiting Scholar at the Harvard Medical School (1998).

Dr. Burns is currently Adjunct Clinical Professor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. He has received numerous awards for research and teaching.

In addition to his academic writings, Dr. Burns has written a number of popular consumer books on mood and relationship problems. His best-selling books, ***Feeling Good: The New Mood Therapy***, ***The Feeling Good Handbook***, and ***When Panic Attacks*** have sold over 5 million copies worldwide.

When he is not crunching statistics for his research at Stanford, he can be found giving workshops for mental health professionals throughout the United States and Canada. Dr. Burns presented for *J&K Seminars* in 2005, 2007, 2009, 2011 & 2015 (on different topics) and received rave reviews each time.



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 904 Church Rd  
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Register by **February 9** for Early Discounted Registration Fee

**Bonus:** Live & Webinar attendees will be able to access the recorded Streaming Video of this Seminar/Webinar for about 30 days following the presentation.



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**David Burns, M.D.**  
**March 22 & 23, 2018 - Lancaster Host Resort, Lancaster, PA**

**Fees (In Person or Webinar)**

	<b><u>One Day</u></b>	<b><u>Both Days</u></b>
Individual Early Registration (received by February 9) _____	\$130 per person -----	\$245 per person
Two or more together at the same time (by February 9) _____	\$115 per person -----	\$225 per person
Regular Registration (February 10 – March 16) _____	\$145 per person -----	\$265 per person
Late Registration - No Webinar Registrations After March 20 _____	\$160 per person -----	\$285 per person

Please Print - Name & Degree as you want them to appear on your CE certificate

Name \_\_\_\_\_ Degree/License \_\_\_\_\_

In Person:  Both Days  March 22 Only  March 23 Only

Webinar:  Both Days  March 22 Only  March 23 Only

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