Dear Prospective Participant:

I was thrilled when Ken and Judi Ralph offered me the opportunity to do a four-day intensive in Lancaster, Pa next June 2011. This intensive will differ from my two-day workshops in several ways. First, the number of participants will be much smaller, leading to a more intimate learning environment and more opportunities for informal dialogue and feedback as you learn.

Second, after I describe and illustrate a technique, such as the Interpersonal Downward Arrow, Relationship Journal, or Externalization of Voices and Acceptance Paradox, you’ll have the opportunity to break into dyads and triads to practice and master that technique. This will give you the chance to achieve real mastery of many powerful techniques that you can use right away in your clinical work.

Third, you’ll have the chance to work on some of your own issues as part of the learning process if you choose to do so. We're all human, and we all have the tendency to feel anxious, frustrated, inadequate, or demoralized in the course of our work and in our personal lives as well. Although this will not be a therapy group, but a training workshop, the "patient" experience can make these techniques far more meaningful, and will make you a more sensitive and effective clinician.

Fourth, we’ll cover a broad range of topics, including how to deal with:

- Depression and Low Self-Esteem
- Anxiety Disorders
- Relationship Problems
- Addictions

This is important because patients rarely come to us with one specific problem, but nearly always suffer in many different ways, so we need a broad range of tools if we are to treat the whole person, and not just an isolated symptom.

Finally, we’ll work hard, and laugh and cry together. Intensives have consistently been the most vibrant and inspirational teaching experiences I’ve ever had. I warmly invite you to join us. I’ll do everything I can to make this one of the best learning opportunities of your career. I look forward to meeting you in June!

David Burns, M.D.
Advanced Therapy Techniques: 4-Day Intensive
David Burns, M.D.
Tuesday - Friday - June 21 - 24, 2011
Lancaster Host Hotel - Lancaster, Pennsylvania

Objectives:
Participants will be able to describe:
- How to reverse the most common types of therapeutic resistance
- State-of-the-art treatment techniques for depression, anxiety disorders, relationship problems, and addictions
- How to become the voice of the patient’s subconscious resistance
- How transference and counter-transference really work
- How to use your own vulnerabilities and shortcomings to increase your therapeutic effectiveness
- How to pinpoint and modify deeply held beliefs and schemas
- How to integrate therapy with your own and your patients’ spiritual beliefs
- How radical acceptance can trigger profound change
- How to transform therapeutic failure into success
- Powerful relapse-prevention techniques

Specific Techniques and Topics

Innovative Assessment Techniques—Do you really know how your patients feel? How they feel about you? Does it make a difference?

Therapeutic Empathy—How to transform patient anger and skepticism into warmth and trust using the Five Secrets of Effective Communication; How to overcome your Anger Phobia

Paradoxical Agenda Setting—How to motivate the resistant, oppositional patient; the Magic Dial, Magic Button, and Gentle Ultimatum

Cognitive Techniques—Include the Daily Mood Log, Externalization of Voices, Acceptance Paradox, Paradoxical Double-Standard, Experimental Technique, and more

Behavioral Activation Techniques—Such as the Pleasure Predicting Sheet, Little Steps for Big Feats

Powerful Uncovering Techniques—Individual and Interpersonal Downward Arrow, Hidden Emotion Technique, Psychoanalysis at Warp Speed

Motivational Techniques—Including the Straightforward and Paradoxical Cost-Benefit Analysis, Devil’s Advocate Technique, and Anti-Procrastination Sheet

Exposure Techniques—Cognitive Flooding, Cognitive Hypnosis, Time Travel, Memory Rescripting, Shame-Attacking Exercises, Self-Disclosure, Feared Fantasy, and more

Interpersonal Techniques—Relationship Cost-Benefit Analysis, Interpersonal Decision-Making, Relationship Journal, Good vs. Bad Communication, EAR Assessment, Intimacy Exercise, and One-Minute Drill

Agenda

Tuesday, June 21 8:30 a.m. – 4:30 p.m.
evening session 6:30 p.m. – 8:30 p.m.
Wednesday, June 22 8:30 a.m. – 4:30 p.m.
Thursday, June 23 8:30 a.m. – 4:30 p.m.
evening session 6:30 p.m. – 8:30 p.m.
Friday, June 24 8:30 a.m. – 3 p.m.

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
Continuing Education Certification
Each professional attendee will receive a certificate of continuing education.
Those who arrive late or leave early will not receive CE certificates of full attendance.

- J&K Seminars, LLC is approved by the American Psychological Association to sponsor continuing education for psychologists.
- J&K Seminars, LLC maintains responsibility for this program and its content - 30.5 hours
- PA Board of Social Workers, Marriage & Family Therapists, Professional Counselors - 30.5 clock hours
- J&K Seminars, LLC, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, phone: 1-800-225-6880, through the Approved Continuing Education (ACE) program. Maryland, New Jersey and Delaware State Boards of Social Work Examiners accepts ASWB approved seminars -30.5 hrs CLINICAL
- J&K Seminars, LLC is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC continuing education guidelines. Provider #5599 - 30.5 hours
- J&K Seminars, LLC is an approved provider of continuing education by the PA State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. - 26 hours.
- J&K Seminars, LLC is an Act 48 PA Dept. of Education approved CE provider for school personnel -26 hours
- J&K Seminars, LLC is a registered New Jersey professional development provider for the NJ Dept. of Ed.- #1555 – 30.5 hours
- J&K Seminars, LLC is an American Occupational Therapy Association (AOTA) approved provider - 3 CEUs The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.
- J&K Seminars, LLC has received pre-approval to offer continuing education from Pennsylvania Certification Board -26 hours
- J&K Seminars, LLC maintains responsibility for this program and its content - 30.5 hours
- PCB Approved Education.
- Commission for Rehabilitation Counselor Certification (CRCC) - 26 hours - post-seminar applications provided and paid for by J&K.

Refund Policy: Full refunds will be provided before May 1, 2010. A $25 administrative charge will be deducted from refunds requested after May 1, 2010. No refunds will be given after June 15 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.

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, where he is actively involved in research and teaching. The graduating residents at Stanford University School of Medicine have named him Teacher of the Year three times.

Dr. Burns has received numerous awards, including the Distinguished Contribution to Psychology through the Media Award from the Association of Applied and Preventive Psychology (1995).

In addition to his academic writings, Dr. Burns has written a number of popular consumer books on mood and relationship problems. His best-selling book, Feeling Good: The New Mood Therapy, has sold over 4 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 (on different topics) and received rave reviews each time.
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Register by January 15 for Super Early Discounted Registration Fee

Super Early Registration By January 15, 2011
Individual Super Early Registration (received by January 15) ______________________ $695 per person
Two or more Super Early Registration (received by January 15) ____________________ $675 per person

Early Registration January 16 - May 1, 2011 - (While Space is Available)
Individual Early Registration ____________________________________________________ $750 per person
Two or more Early Registrations ________________________________________________ $725 per person

Regular Registration – After May 1 (If not sold out)
Individual Regular Registration ________________________________________________ $775 per person
Two or more Regular Registrations ______________________________________________ $750 per person

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