



It's All Your Fault!

Mastering Cognitive Interpersonal Therapy

Presented by

David Burns, M.D.

In this course, Dr. Burns will show how you can use CIT to treat clients with a wide range of relationship conflicts.

Objectives: Participants will be able to describe:

- The differences between Cognitive Behavioral Therapy (CBT) and Cognitive Interpersonal Therapy (CIT)
- How to deal with individuals who resist intimacy, sabotage therapy, and blame others for their problems
- How to track therapeutic progress and monitor the quality

- of the therapeutic alliance at every session
- How to resolve your own relationship problems--with patients, colleagues, or family members
- How to help individuals or couples with troubled relationships

J&K Seminars Home Study Program - 13 hours CE Credit (Social Workers will receive 12 CE Credits)

Basic Principles

- What's Wrong with Current Treatments for Relationship Problems?
- The Dark Side of Human Nature - Do We Secretly Love to Hate?
- Cognitive Interpersonal Therapy (CIT)

Setting up the Intervention

- Empathy
- Interpersonal Decision-Making
- The Price of Intimacy

Treatment Methods

- The Relationship Journal
- The EAR Checklist: Good versus Bad Communication
- Who's Really Causing the Problem?
- The Five Secrets of Effective Communication

Live Demonstration—Healing Yourself

Resistance Revisited—13 Good Reasons

- Not to Listen
- Not to Express Your Feelings
- Not to Treat the Other Person with Respect
- The Interpersonal Downward Arrow - Psychoanalysis at Warp Speed

Making Therapists and Clients Accountable

- How to Track Therapeutic Progress and Monitor the Therapeutic Alliance

Helping Troubled Couples

- The Relationship "Probe"
- The One-Minute Drill

Helping Troubled Couples (Cont'd)

- The Don Baucom Technique
- Integrating CIT with Spirituality

David 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 and Visiting Scholar at the Harvard Medical School.

Dr. Burns is currently an Emeritus Adjunct Clinical Professor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. He has received numerous awards for his research and teaching. In addition to his academic writings, he has written a number of popular consumer books on mood and relationship problems. His best-selling books, *Feeling Good: The New Mood Therapy*, and *The Feeling Good Handbook*, have sold over 5 million copies in the U.S. and many more worldwide. His most recent book, *Feeling Good Together*, describes CIT in a clear, step-by-step manner and is intended for clients as well as therapists who wish to learn more about this new approach.

When Dr. Burns is not teaching or crunching statistics for his research at Stanford, he can be found giving workshops for mental health professionals throughout the U.S. and Canada. Dr. Burns has presented for J&K Seminars on many occasions and is always very well received.

Approved Home Study CE Hours for Psychologists Counselors Social Workers Nurses AOTA

Available for an additional fee - See Exam Enclosed

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