



# Rapid Recovery From Trauma

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

Presented by

### David Burns, M.D.

#### Overview

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 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.

#### 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

### 14 Hours CE Credit

#### 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

#### How TEAM-CBT Basics

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

#### Overcoming Therapeutic Resistance

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

#### Case Study - Application of TEAM-CBT

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

#### Demonstration of TEAM-CBT

#### 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*

#### 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

#### 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

## 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.

**Approved Home Study Hours for Psychologists Counselors Social Workers Nurses MFT AOTA**

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