



The Cognitive Distortion Starter Kit: Defeating Self-Critical Thoughts in Clients and Therapist

Presented by
David Burns, MD

Overview

In this workshop, you will learn how to select the most effective treatment methods based on the distortions in your clients' (or your own) negative thoughts. Dr. Burns will present many case examples and role play demonstrations to help you master powerful techniques that can boost your effectiveness in the treatment of patients struggling with depression, anxiety, and self-doubt. Do you sometimes beat up on yourself with self-critical thoughts? You will learn how to boost your own feelings of joy and self-acceptance as well. You will learn many methods to crush each of the ten familiar cognitive distortions, including: Positive Reframing, Shades of Grey, Best/Worst/Average, Be Specific, the Externalization of Voices, Let's Define Terms, the Socratic Technique, the Survey Technique, the Experimental Technique, Examine the Evidence, the Acceptance Paradox, the Feared Fantasy, and more!

Objectives: Participants will be able to describe:

- The necessary and sufficient conditions for rapid emotional change
- Each of the ten cognitive distortions, such as All-or-Nothing Thinking, Emotional Reasoning, etc.
- The overwhelming importance of skillful Positive Reframing prior to using any technique
- The purpose of The Double Standard Technique
- The Externalization of Voices Technique
- The use and misuse of Reattribution
- The purpose of the Feared Fantasy Technique

7.25 Hours CE Credits

Agenda

Session 1 (1 hr 20 min 47 sec)

- What is TEAM therapy?
- Introduction to the Daily Mood Log
- Cognitive Distortions
- The Recovery Circle
- Positive Reframing
- Reduce Resistance
- All-or-Nothing Thinking
- Overgeneralization

Session 2 (2 hr 12 min 22 sec)

- Labeling
- Mental Filter

- Discounting the Positive

- Jumping to Conclusions

Session 3 (1 hr 58 min 59 sec)

- Magnification/Minimization

- Should Statements

- Emotional Reasoning

- Blame

Session 4 (1 hr 52 min 42 sec)

- Externalization of Voices / Personal Healing

- Final Teaching Points

- Q and A

Additional Training / Certification Opportunities

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 Harvard Medical School (1998). He is currently Adjunct Clinical Professor of Psychiatry and Behavioral Sciences at 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 newest book, *Feeling Great: The Revolutionary New Treatment for Depression and Anxiety*, was released in 2020. 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 & 2018 (on different topics) and received rave reviews each time.

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

©J&K Seminars, LLC - 2020 - All Rights Reserved

904 Church Rd., Wyncote, PA 19095-1601 (800) 801-5415

Practice Level—Intermediate

www.JKSeminars.com

JK@JKSeminars.com