



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

presented by

David Burns, M.D.

Friday, November 13, 2020

LIVE INTERACTIVE WEBINAR 8:30 am - 4:45 pm ***ET***

**This program is co-sponsored by J&K Seminars, LLC and
the Pennsylvania Psychological Association.**

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

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 (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***, is scheduled for release September 15, 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.

Order Book With Your Registration

Dr. Burns' new book ***Feeling Great: The Revolutionary New Treatment for Depression and Anxiety*** will be released September 15, 2020.

The goal is not just a rapid and complete elimination of negative feelings, but the development of joy and enlightenment.

You may order this text with your registration at a significant discount.

Preorders with your J&K registration include free shipping.

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Regular Registration (October 3 - November 10) _____

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- **The Cognitive Distortion Starter Kit: Defeating Self-Critical Thoughts in Clients and Therapists, Course #3274, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by J&K Seminars as an individual course. Individual courses, not providers, are approved at the course level. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ACE course approval period: 10/22/2020 - 10/22/2022. Social workers completing this course receive 7 Clinical continuing education credits.**
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- Participation in the ASWB ACE Course Approval Program requires that the provider abide by all of the criteria set forth by New Jersey Administrative Code Title 13 Chapter 44 G Subchapter 6. *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
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- rehabilitation counselors
- graduate students

AGENDA

Friday, November 13, 2020

8:30 a.m.

What is TEAM therapy?

Introduction to the Daily Mood Log

Cognitive Distortions

The Recovery Circle

Positive Reframing / Reduce Resistance

All-or-Nothing Thinking

Overgeneralization

10:00 Break

10:15 a.m.

Labeling

Mental Filter

Discounting the Positive

Jumping to Conclusions

12:15 p.m. Lunch Break

1:00 p.m.

Magnification/Minimization

Should Statements

Emotional Reasoning

Blame

3:00 Break

3:15 p.m.

Externalization of Voices / Personal Healing

Final Teaching Points

Q and A

Additional Training / Certification Opportunities

4:45 p.m. Adjournment

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