

WORKSHOP OBJECTIVES

After attending this very practical workshop participants will be able to:

- Explain why patients will resist therapy
- Describe the concept of "therapeutic resistance"
- Describe how therapist narcissism and codependency cause therapeutic failure
- Quickly reverse the most common forms of therapeutic resistance
- Employ high-speed techniques for depression, anxiety, and other disorders
- Contrast Outcome Resistance vs. Process Resistance
- Discuss startling new depression research
- "Sit with open hands"
- Cement gains with Relapse Prevention Training

"Dr. Burns is a master clinician whose work represents the state of the art in evidence-supported treatment interventions."

- Anthony Mascola, MD, Stanford Medical Center

Discounts Available! See Registration Page.

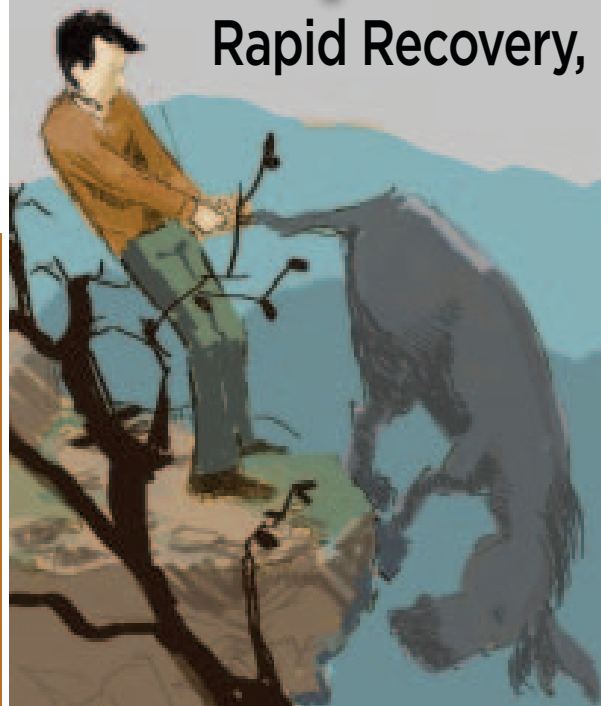
Earn 13 CE/CME Credit Hours | Space is Limited. Register Early!

March 15-16, 2012 - Denver, CO
April 13-14, 2012 - Houston, TX
April 26-27, 2012 - Newark, NJ

Includes descriptions/
demonstrations of powerful
techniques including:

- Externalization of Voices
- The Devil's Advocate
- Paradoxical Inquiry

...and many more!



Overcoming Therapeutic Resistance

Rapid Recovery, Lasting Change

David D. Burns, M.D.
WORKSHOP LEADER

Author of the phenomenal best-seller,
Feeling Good: The New Mood Therapy



INSTITUTE FOR THE ADVANCEMENT OF HUMAN BEHAVIOR

WORKSHOP LEADER

David D. Burns, M.D. is an Adjunct Clinical Professor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. He has served as Visiting Scholar at Harvard Medical School and Acting Chief of Psychiatry at the Presbyterian / University of Pennsylvania Medical Center. His best-selling books, *Feeling Good* and *Feeling Good Handbook* have sold over five million copies worldwide and are the books most frequently recommended by American and Canadian mental health professionals for patients suffering from depression.



Taping of this workshop is not permitted.

Speakers periodically update workshops based on attendee feedback - please see website for current agenda.

ABOUT THE WORKSHOP

Over the past several years, I have developed innovative, high-speed techniques designed to highlight and melt away therapeutic resistance at the beginning of therapy, before you try to help the patient. When you use these techniques, you expose the tremendous ambivalence that nearly everyone feels about personal change. Then you boost motivation using techniques like Dangling the Carrot, the Magic Button, Acid Test, Magic Dial, Externalization of Resistance, and Positive Reframing, along with the Gentle Ultimatum, Sitting with Open Hands, Paradoxical Inquiry, Paradoxical Cost-Benefit Analysis, Devil's Advocate Technique, and more.

...motivate your
most resistant clients
and dramatically
speed up the
recovery process

I would encourage you to bring your own case examples to this workshop. Think about your most difficult refractory, oppositional clients so we can use them as examples during the training. You will discover precisely why you're stuck and exactly what you have to do to move the treatment forward.

This is not a cognitive therapy workshop. In fact, these techniques can easily be integrated with any therapeutic style or orientation. This is, essentially, psychotherapy on steroids.

The workshop is for clinicians who want to jump to the next orbit in their clinical work. I'll show you how to motivate your most resistant and challenging clients and dramatically speed up the recovery process, no matter what types of patients you treat. I'm excited about this workshop and hope you can join us!

— David Burns, MD

WORKSHOP OUTLINE

DAY ONE

New Research on Motivation and Depression

Brief Overview of T.E.A.M. Therapy

Therapist Narcissism and Codependency

- How We Force Our Patients to Resist

Empathy, Empathy, Empathy... with

- The hostile, critical, mistrustful patient
- The oppositional patient who "yes-buts" you
- The patient who whines and complains

Anticipating Conflict and Preventing Premature Termination

Why Therapy Fails: The Eight Most Common Types of Resistance

Overcoming Outcome and Process Resistance for Depression

- The patient who thought he killed his son
- The musician who thought he was inferior
- Concept of Self-Help Memo

Overcoming Outcome and Process Resistance for Anxiety

- Teenager with OCD
- Handsome man with sweaty arm pits

Overcoming Outcome and Process Resistance for Relationship Problems

- The Price of intimacy
- Who is your most irritating client, colleague, friend, or family member?

Overcoming Outcome and Process Resistance for Habits and Addictions

- Violent, suicidal drug addict

Lunch (on your own)

(Optional Lunch Presentation – please bring a sack lunch!)

Registration opens at 7:45 AM. Workshop begins at 8:30 AM and adjourns at 4:30 PM both days. Lunch is from 12 Noon to 1:00 PM. There will be breaks at about 10:15 AM and 2:45 PM.

GUARANTEE: If by the first morning break, you are not satisfied, inform the coordinator, turn in all materials and write to IAHB requesting a refund. Your money will be refunded upon receipt of your written request.

ELIGIBILITY: This program is open to professionals and advanced students in health-related fields, and is not suitable for the general public.

Paradoxical Agenda Setting: Basic Concepts and Techniques

- The Invitation, Sitting with Open Hands, Fallback Position

Powerful Outcome Resistance Techniques

- Dangling the Carrot, Miracle Cure, Magic Button, Positive Reframing, Acid Test, Paradoxical Cost-Benefit Analysis, Externalization of Resistance, Magic Dial

Powerful Process Resistance Techniques

- Gentle Ultimatum and Paradoxical Inquiry (PI)

DAY TWO

Review of Day 1

Workshop Exercise: A Complex Case

- Patient struggling with loneliness, depression, social anxiety, bitterness, troubled relationships, and alcohol abuse

Overview: The Five Steps in Paradoxical Agenda Setting

- The Invitation Step: "Can I help you?"
- The Straightforward vs. Paradoxical Invitation
- Workshop Exercise: The Invitation Step
- Workshop Exercise: Changing the Focus

Lunch (on your own)

(Optional Lunch Presentation – please bring a sack lunch!)

The Specificity, Conceptualization, Motivation and Methods Steps

- Workshop Exercise

Powerful Techniques for High-Speed Change

- Paradoxical Double-Standard, Externalization of Voices, Acceptance Paradox, Feared Fantasy

Relapse Prevention Training that Really Works!

- Feeling Better vs. Getting Better

**"A gifted,
riveting speaker with
tremendous content."**

—Hugh L. Baras, PhD,
Stanford Medical Center

Overcoming
Therapeutic Resistance

Rapid Recovery, Lasting Change

David D. Burns, M.D.
WORKSHOP LEADER

Institute for the Advancement of Human Behavior

4370 Alpine Road, Suite 209
Portola Valley, CA 94028

Non-Profit Org.
U.S. Postage
PAID
Twin Cities, MN
Permit No. 1096



WORKSHOP INFORMATION

MARCH 15-16, 2012
 DoubleTree Hotel
 Denver North
 8773 Yates Drive
 Westminster, CO 80031
 (303) 427-4000

APRIL 13-14, 2012
 Hilton - Houston Southwest
 6780 Southwest Freeway
 Houston, TX 77074
 (713) 977-7911

APRIL 26-27, 2012
 Ramada Plaza
 160 Frontage Rd
 Newark, NJ 07114
 (973) 589-1000

Registration opens at 7:45 AM. Workshop begins at 8:30 AM and adjourns at 4:30 PM both days.
Lunch is from 12 Noon to 1:00 PM. There will be breaks at about 10 AM and 3 PM.

DISCOUNTS

Must be noted on original registration (one discount per person on two-day registration only)

» **GROUPS:** Organize a group of three or more and save! Mail your registrations together and deduct \$20 from each.

» **FULL-TIME STUDENTS:** Deduct \$50 from applicable tuition. Proof of full-time status (undergraduate: 12 + units; graduate: 6 + units) must accompany your registration.

» **ALUMNI:** If you have attended an IAHB workshop in the last 12 months, you may deduct \$20 from your tuition.

» **UNA** All UNA members - \$50 discount. Phone registration only.

CANCELLATIONS

Requests must be in writing. Refunds will be given on requests postmarked no later than 7 days prior to the workshop. A \$35 per person processing fee will be deducted from all cancellations. No credit will be issued within 7 days of the workshop. If IAHB cancels a workshop, tuition will be refunded in full.

WORKSHOP AIDES

Save over 40% on your tuition by working as an aide at the beginning and end of each day and at the breaks. If you would like to be considered for an aide position, please email staff@iahb.org. In the subject line, please write: Workshop Aide & the city you will be attending.

Note: Speaker/planner conflict-of-interest disclosures are available on our website. Please check prior to registering.

CONTINUING EDUCATION

The Institute for the Advancement of Human Behavior (IAHB) has been approved to offer 13 hours of continuing education and continuing medical education (except where otherwise noted) by the following:

Alcoholism & Drug Abuse Counselors: Approved by the National Association of Alcoholism and Drug Abuse Counselors Approved Provider Program (NAADAC Approved Education Provider #187) for 13 CEHs. Provider approved by CFAAP/CAADAC, Provider #4S-86-074-0113 for 13 CEHs. CAADAC is an ICRC member which has reciprocity with most ICRC member states. This course has been submitted to the TCBA Standards Committee. Approval Pending.

CEAPS: This course has been submitted to the Employee Assistance Certification Commission (EAPA/EACC) in Domain III for 13 PDHs. Approval Pending.

Counselors: IAHB is an NBCC Approved Continuing Education Provider (ACEP™) and may offer NBCC approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. (NBCC Provider #5216). This course meets the qualifications for MFTs as required by the California Board of Behavioral Sciences (Provider # PCE 36). Approved by the Illinois Department of Professional Regulation (Provider #168-000119). IAHB has been approved by the Texas Board of Examiners of Marriage and Family Therapists to provide CE offerings for MFTs. Provider Number 154. This course has been submitted to the Minnesota Board of Marriage and Family Therapy for course approval. The New Jersey State Board of Marriage and Family Therapy Examiners recognizes the NBCC for course approval.

Nurses: IAHB is an approved provider of continuing nursing education by the Utah Nurses Association, an accredited Approver by the American Nurses Credentialing Center's Commission on Accreditation.

(UNA=13.5 CEHs. Provider Code P09-03).
 Provider approved by the California Board of Registered Nursing, (BRN Provider CEP#2672) for 13 CEHs.

Physicians: The Institute for the Advancement of Human Behavior (IAHB) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. IAHB designates this live activity for a maximum of 13 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Psychologists: IAHB is approved by the American Psychological Association to sponsor continuing education for psychologists. IAHB maintains responsibility for this program and its content.

Social Workers: This course meets the qualifications for LCSWs as required by the California Board of Behavioral Sciences (Provider #PCE-36). As an approved continuing education provider for the Texas State Board of Social Worker Examiners, IAHB offers continuing education for Texas licensed social workers in compliance with the rules of the board. License No. 3876; MC 1982, PO Box 149347, Austin, TX 78714, (512) 719-3521. IAHB is co-sponsor with R. Cassidy Seminars, ACE Provider #1082 approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) Program. Approval Period: April 15, 2009-April 15, 2012. R. Cassidy Seminars maintains responsibility for the program. Social workers should contact their regulatory board to determine course approval. Social workers will receive 13 continuing education clinical social work clock hours for participating in this course.

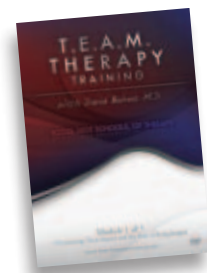
Note: Many state boards accept offerings accredited by national or other state organizations. If your state is not listed, please check with your professional licensing board to determine whether the accreditations listed are accepted.

JUST RELEASED — Exciting New Training Video

T.E.A.M. Therapy Training, Module 1: Overcoming Toxic Shame and the Fear of Being Judged – The Story of Melanie



This is the first in a series of powerful and unique training experiences developed by David D. Burns, MD. In this module, Dr. Burns and his co-therapists work with a woman who's been struggling for years with feelings of shame and anxiety as well as an intense fear of being judged. Includes a 2-hour hi-def DVD containing the clinical session as well as a 98-page interactive workbook with training exercises and extensive additional commentary. **6 CE/CME Credits Available*.**



*Earn 6 CE/CME Credit Hours

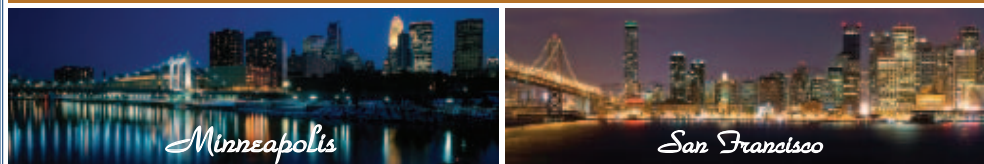
For more information and to purchase, visit www.TEAMTherapyCE.org.

Special Brochure-Only Discount Price: ~~\$199.00~~ **\$169.00**
 *6 CE/CME Credit Hours: \$39.00 – Visit www.TEAMTherapyCE.org

- Watch, practice, and master powerful psychotherapy techniques that trigger rapid and lasting change
- Specific techniques include the Recovery Circle, Paradoxical Agenda-Setting, Externalization of Voices, Feared Fantasy, Relapse Prevention, the Acceptance Paradox, and more
- Recorded during an actual therapy session - not a simulation

Two Additional Powerful Training Opportunities!

Coming to the Minneapolis and San Francisco Areas, in the Summer of 2012



"These intensives have consistently been the most vibrant and inspirational teaching experiences I've ever had. I will do everything I can to make this one of the best learning opportunities of your career."
 — David Burns, M.D.

ADVANCED APPLICATIONS IN COGNITIVE THERAPY: A Four-Day Intensive Clinical Training With David D. Burns, MD

This is the workshop you've always wanted to attend!

- Includes at least 32 hrs of training over 4 exciting days/evenings
- Is limited in size to maximize personal attention
- Includes the latest, most powerful treatment techniques for depression, anxiety, interpersonal problems, addictions and more
- Features live demonstrations by a world-reknown therapist
- Will provide lots of opportunity for supervised practice

Please check Website for specific dates and locations: www.iahb.org

IAHB EDUCATIONAL MATERIALS

Most of IAHB's home studies were recorded at live workshops. They may be ordered in either CD or audiotape format (exceptions are marked), and include all course materials and a post-test. Detailed descriptions of these and other IAHB home studies may be found on our website, www.iahb.org.

TO ORDER: Complete the form indicating your selections, and mail it with payment to IAHB/Seminar Services, 6 Trowbridge Dr., Ste. 5, Bethel, CT 06801, (866) 272-8497. Please note: Orders can only be shipped to your street address (no P.O. box). Please allow 1 to 2 weeks for delivery.

Therapist's Toolkit (No CE/CME hrs) <i>David Burns, M.D.</i> The Therapist's Toolkit includes 400 + pages of comprehensive state-of-the-art assessment and treatment tools for the mental health professional. <i>Includes lifetime upgrades. \$40 discount if purchased onsite at this workshop.</i>	\$229.00	Quantity	Amount
How to Overcome Anger and Interpersonal Conflict (13 CE/CME hrs) <i>David Burns, M.D.</i> Dr. Burns presents Cognitive Interpersonal Therapy, a new treatment model used to help patients develop more satisfying relationships.	\$149.00		
Feeling Good Now: Treating Depression and Low Self-Esteem (13 CE/CME hrs) <i>David Burns, M.D.</i> The 1980 publication of Feeling Good revolutionized the treatment of depression. Feeling Good Now is doing the same. Burns integrates 4 conceptual models and an array of clinical tools into the most powerful protocol available today for treating depression and low self-esteem. Recorded in mid-2007.	\$149.00		
Fast, Effective Treatment for Anxiety Disorders (13 CE/CME hrs) <i>David Burns, M.D.</i> Dr. Burns describes 3 powerful models for the treatment of anxiety disorders and illustrates how to integrate all 3 into the effective treatment of GAD, specific phobias and other anxiety disorders. This is one of the most highly-rated and best-attended seminars IAHB has produced!	\$149.00		
Please visit www.iahb.org for a complete listing of our home studies, online courses, and other educational products.			
Shipping and handling: 1 item \$7.00, each add'l item \$2.00			
	Subtotal		
	CT residents add local sales tax		
BUT2A	Total (US dollars)		

Please Note: Not all boards accept home study for continuing education. Please contact your own board for more information.

Name _____ Degree _____ Tapes or CDs

Address _____

City _____ State _____ Zip _____

Phone (_____) _____ Fax (_____) _____ Email _____

Check payable to IAHB/Seminar Services

Card # _____ CVV# _____ Exp. Date _____ / _____

Signature _____

Cardholder _____

REGISTRATION FORM (BURNS)

March 15-16, 2012
 Denver, CO

April 13-14, 2012
 Houston, TX

April 26-27, 2012
 Newark, NJ

Name _____ Degree _____

Company _____

Address _____

City _____ State _____ Zip _____

Phone (_____) _____ Fax (_____) _____

Email Address (for confirmation) _____

Profession(s): Please provide your profession and license number(s).

Profession _____ License(s) # _____

If you are physically challenged and have special needs, please contact IAHB as soon as possible. All meeting rooms are wheelchair accessible.

REGISTRATION FEES Register online and save \$10 (www.iahb.org)

- \$279 Early Registration (Must be postmarked at least 14 days prior to workshop)
- \$299 Regular Registration (Must be received by noon the day prior to workshop)
- \$319 On-Site registration (If space is still available)
- \$179 Workshop aide (Please e-mail for approval. No other discounts apply.)

DISCOUNTS

- Groups:** Deduct \$20.00 (Three or more registrations received together)
- Full-time Students:** Deduct \$50.00 (Proof of student status must accompany registration)
- Alumni:** Deduct \$20.00 (Must have attended an IAHB workshop during the past 12 months)
- UNA** UNA Members: Deduct \$50

_____ **TOTAL PAYMENT ENCLOSED**
 (U.S. funds) Payment must accompany registration.

METHOD OF PAYMENT

- Check enclosed made payable to IAHB (U.S. bank)
 - Card # _____ CVV# _____ Exp. Date _____ / _____
- Cardholder name _____
- Signature _____

MAIL COMPLETED FORM TO:
 IAHB | P.O. Box 5710 | Santa Rosa, CA 95402

REGISTER BY PHONE, FAX OR ONLINE:
 PHONE (800) 258-8411 | FAX (707) 566-7474 | www.iahb.org

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