

To Register

Make Check Payable To:
Anger Management Institute
44 Broad St. NW, Suite 707
Atlanta, GA 30303
Tuition Fee: \$65.00

Name: _____

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Email Address: _____

Credit Card: ___ VISA ___ MC

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Exp. Date: _____

Name on Card: _____

Email address needed for directions to facility to be emailed to you upon receipt of registration.

Cancellations must be received at least 72 hours prior to workshop for a refund. A \$20 processing fee will be assessed for all cancellations.

Program subject to cancellation due to insufficient enrollment. Refunds will be promptly made due to lack of enrollment.

Training Dates:

- May 17, 2016—Atlanta GA
- July 28, 2016—Atlanta GA
- November 3, 2016—Atlanta, GA
- December 17, 2016—Atlanta, GA
- January 20, 2017—Atlanta GA
- March 30, 2017—Atlanta GA
- May 22, 2017—Atlanta GA

High Impact Training & Counseling, Inc.

44 Broad St. NW
Suite 707
Atlanta, GA 30303
404-523-6074
Fax: 404-523-3749

**Cognitive-Behavior
Therapy for Clients With
Substance Use &
Mental Health Disorders**

Various Training Dates



Training Location

**High Impact Training
44 Broad St. NW, Suite 707
Atlanta GA 30303**

Training Provided By:

**High Impact/Anger Management
44 Broad St. NW, Suite 707
Atlanta, GA 30303**

About the Conference

Why CBT?: Cognitive-Behavior Therapy (CBT) developed from a number of theoretical models in the 70s, is now indisputably the treatment of choice for a number of psychiatric conditions including anxiety disorders, mood disorders, substance abuse and chronic mental illnesses among others. Numerous outcome studies attest to its short-term and longer term effectiveness. Training in the applications of this approach is now sought after by both individual counselors and by employing agencies due to the following:

- CBT is evidence-based and of proven effectiveness
- This therapy fosters skill building in clients
- CBT is short-term and problem-focused This approach encourages collaboration and empowers clients
- CBT involves a structured and systematic approach which can be learned and implemented relatively easily from practical well -designed training programs
- Insurance companies, including Medicaid, are now requiring evidenced-based treatments.

Learning Objectives

- Explore a historical overview and philosophical assumptions of CBT.
- Define Cognitive Behavior Therapy (CBT) and its use with various population
- Explain some of the basic principles of CBT treatment.
- Describe the typical course of CBT treatment.
- Describe and explore some of the third wave cognitive behavioral therapies .

Tuition: \$65.00

Pre-registration is required. Tuition fee covers the cost of instruction, handout materials, refreshments breaks, and continuing education credits,

Who Should Attend:

Family Violence Facilitators, Addiction Professionals, LPCs, LCSWs.

Continuing Education Credits of 6 hours have been applied for through GACA, LPC, LCSW.

Agenda

**Registration 8:45 am
Class from 9:00 a.m. to 4:30 p.m.**

- 9:00 a.m. Historical overview of CBT
- 9:30 Definition of CBT and its use with various populations
- 10:15 Break
- 10:30 Definitions of CBT and its use with various populations (con't.)
- 11:00 Basic Principles of CBT Treatment
- 12:00 p.m. Lunch
- 1:00 Typical course of CBT treatment
- 2:00 Break
- 2:15 Third Wave CBT therapies
- 4:30 Adjourn

Your Presenter:

Gary K. Byrd, M.Ed., CCS, CAMS, MAC, CEO of The Anger Management Institute and High Impact Training & Counseling, Inc. He has written a Male Family Violence Participant workbook, a Female Family Violence Participant workbook, a teen and adult anger management participant workbooks. .