

Cognitive Behavior Therapy (CBT) – Best Practice Approaches in
Conducting CBT Groups for Adults

November 20, 2009

9 a.m. – 3 p.m.

UPMC Shadyside, Cooper Conference Center

Hillman Cancer Center, 5115 Centre Avenue

Pittsburgh, PA 15232

Course Code: MC14

Presenters:

Sander J. Kornblith, Ph.D.
Clinical Assistant Professor of Psychiatry and Co-
Director of Training
Center for Cognitive Therapy, UPMC

Lawrence Glanz, Ph.D.
Licensed Clinical Psychologist
Cognitive Dynamic Therapy Associates, Inc.

Program Description:

CBT has been successfully used as a treatment strategy with adults for a range of problems. Using depression and anxiety disorders as themes for the design of treatment, we will discuss key elements that promote effective change. We will discuss the conceptualization and application of essential principles using an individual format and how to provide treatment using a group format.

Educational Objectives:

At the conclusion of this program participants should be able to:

1. Describe the main principles of Cognitive Behavior Therapy.
2. Examine the types of patients who may be good candidates for CBT.
3. Identify key components of a successful CBT individual or group treatment session.
4. List problems that emerge in treating patients using the CBT model and practical strategies for preventing such problems.

Target Audience:

All clinical and research professionals, students, trainees, as well as interested family members and consumers who are interested in CBT.

Continuing Education Credits:

ACT 48 – 5.0	CPRP – 5.0	PSYCHOLOGIST – 5.0
CAC – 5.0	NBCC – 5.0	SW – 5.0
CEU – 0.5	PCHA – 5.0	

TUITION: \$80.00

WPIC and all UPMC employees: \$50.00. Full tuition must accompany the registration form. Refunds must be requested in writing two weeks prior to the program or a \$15.00 administrative fee will be deducted.

To register: Please complete the attached registration form or download the form at
www.wpic.pitt.edu/oerp

Contact:	Program Coordinator Registration	Joanne Slappo, PhD, CPRP, CRC Nancy Mundy	(412) 802-6918 (412) 802-6900
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Telephone registrations CANNOT be accepted

DIRECTIONS:

NorthCo Vocational Training Center
RIDC Park, 104 Beta Drive, Pittsburgh, PA 15238, 412-447-0009

From Pittsburgh: Follow I-279 North to exit 7C/State Hwy 28 N/Etna/Chestnut St./E Ohio St. Follow PA-28 N to exit 10 for RIDC Dr. Turn right at Beta Dr.

Pressley Ridge
5500 Corporate Drive, Suite 400, Pittsburgh, PA 15237

From Downtown Pittsburgh: Take I-279 North approximately 3.5 miles to exit 11/McKnight Road. Take the ramp for McKnight Road. Stay on McKnight Road for about 4.5 miles (passing Northway Mall on your left and proceeding through the traffic light). Merge into the right lane and turn right before the next light onto Babcock Boulevard. Stay to the left and bear left onto Corporate Drive.

St. Joseph Spirituality Center
1020 State Street, Baden, PA 15005, 724-869-6585

From Downtown Pittsburgh: Cross the Fort Duquesne Bridge toward North Side. Follow signs to Route 65 North (Ohio River Boulevard) past the North Side and the West End Bridge. Stay on Rt. 65 North the rest of the way. Pass through Bellevue, Emsworth, Sewickley, Leetsdale and Ambridge. (Note: It is approximately 12 miles from the intersection of Interstate 79 and Route 65 – between Emsworth and Sewickley – to St. Joseph Spirituality Center.) After Ambridge the road becomes a 4-lane open road with a speed limit of 55 mph. Count three (3) traffic lights after this open road. The first traffic light is at the end of the open road with a “Sheetz” gas station on the right. The next light has a Pizza Hut and McDonalds on the right side. After this light, move into the right lane. The third light has a small ice cream store on the right. Shortly after this light (about ten car lengths long), jog to the right onto State Street - a side road that runs parallel to Route 65 - by Anderson’s candy store. St. Joseph Spirituality Center is on the right. The property has three buildings – Mt. Gallitzin Academy, the Convent Building, and Villa St. Joseph. Take the first driveway on the right (marked Sisters of St. Joseph/Mt. Gallitzin Academy) and park in the lot immediately to your right. Walk along the roadway in front of the academy building to the first entrance. If you are lost, call 724-869-2151 for directions.

UPMC Horizon
110 North Main Street Greenville, PA 16125

From Pittsburgh take I-79 North to exit 130 (old exit 34) to Route 358 West. Take Route 358 West into Greenville. After passing underneath a railroad overpass, go about 500 feet more. Turn right onto Third Avenue. You will come out on North Main Street, directly in front of UPMC Horizon. Turn left to park.

UPMC Shadyside
5230 Centre Avenue
Pittsburgh, PA 15232-1381, 412-623-2121

(Note: These directions are for the West Wing Auditorium (inside hospital), Herberman Conference Center (inside the Medical Center Building) and Cooper Conference Center (inside the Hillman Cancer Center directly across the street from the Medical Center Garage)

From Pittsburgh take 376 East toward Monroeville, ext 2A onto Forbes Avenue toward Oakland. Make a left at Morewood Avenue, then right at Centre Avenue

To park at the Medical Center Garage: At the first stoplight before the hospital main entrance turn right into the Medical Center Garage.

TO RECEIVE THE DISCOUNTED PARKING RATE, PLEASE PARK IN THE MEDICAL CENTER GARAGE

California University of Pennsylvania, Natali Student Center
250 University Avenue
Room 230
California, PA 15419 (724) 938-4439

[From Pittsburgh](#)

Interstate 79 South to Interstate 70 Exit, Interstate 70 East to Exit 37A (Toll Road 43). Take Exit 32 toward California, PA, merge onto Malden Drive. Malden Drive becomes Wood Street. Turn right onto 3rd street, turn left onto University Avenue. Student Center is on the right.

Community Counseling Center of Mercer County
2201 East State Street

Hermitage, PA 16148 (724) 981-7041

Take I-279 N. Merge onto I-79 N via Exit 20. Then exit onto I-80 W. From I-80, turn onto Route 18 N (Hermitage). At intersection of Business Route 62 (at First National Bank), turn left (also called State Street). Proceed through several stop lights and up the hill. Go past the Giant Eagle and Kmart. You will see the sign for Community Counseling Center on the right.”

REGISTRATION FORM FOR THE REGIONAL TRAINING SERIES FALL 2009

Please duplicate this registration form as needed
PLEASE NOTE: Pre-registration is REQUIRED
 Telephone registrations **CANNOT** be accepted.
 Please register **TWO WEEKS BEFORE THE COURSE(S)**
YOU WISH TO ATTEND as space may be limited.

Please **MAIL** or **FAX** this registration form to:
 WPIC OERP, Attention: Nancy Mundy
 3811 O'Hara Street, 4601 Baum Building, 1st Floor
 Pittsburgh, PA 15213
 FAX: (412) 802-6910

ONLY CONTINUING EDUCATION CREDITS LISTED ON THE INDIVIDUAL PROGRAM DESCRIPTION ARE AVAILABLE FOR THAT PROGRAM.

Registration forms and information on our upcoming programs are available on the WPIC/OERP website at: <http://www.wpic.pitt.edu/oerp>

Social Security# (last 5 digits):		FOR CONTINUING EDUCATION PURPOSES, PLEASE INDICATE YOUR CERTIFICATION NEEDS:	
Name (Last, First):			
Agency:	<input type="checkbox"/> NBCC COUNSELOR	<input type="checkbox"/> PCHA	
Address:	<input type="checkbox"/> NURSE	<input type="checkbox"/> CAC/CCDP COUNSELOR	
City:	<input type="checkbox"/> CPRP	<input type="checkbox"/> ACT 48	
State:	Zip Code:	<input type="checkbox"/> SW/LPC/LMFT	ID# _____
County:	<input type="checkbox"/> PSYCHOLOGIST		
Day Telephone: ()	Are you a WPIC employee? <input type="checkbox"/> yes <input type="checkbox"/> no		
Email:			

Please indicate with an X which program(s) you wish to attend:

		WPIC/UPMC Tuition	
MC09	\$80	\$50	Best Practices in the Assessment and Treatment of Oppositional Defiant Disorder, 9/17/09, UPMC Shadyside, West Wing Auditorium
MC07	\$80	\$50	Best Practice Supports for Individuals with Autism Spectrum Disorder Across the Lifespan, 9/30/09, Pressley Ridge
MC12	\$80	\$50	Basic Group Counseling for Dual Disorders, 10/02/09, UPMC Shadyside, Cooper Conference Center
MC00	\$80	\$50	Ethics and Addiction, 10/15/09, UPMC Shadyside, Herberman Conference Center Select breakout session: <input type="checkbox"/> A. Co-occurring Disorders <input type="checkbox"/> B. The Best of Intentions: When Addiction Ethics and the Law Clash <input type="checkbox"/> C. Ethics, Addiction and the Medical Patient
MC05	\$80	\$50	Cognitive-Behavioral Treatment (CBT) of Obsessive Compulsive Disorder (OCD): The "How To's" of CBT and Exposure with Response Prevention (ERP), 10/21/09, UPMC Horizon, Greenville Campus
MC06	\$80	\$50	Life Skills Training Program based on Dialectical Behavior Therapy with a focus on Mindfulness, 10/30/09, Northco, RIDC Park
MC08	\$80	\$50	Early Childhood Treatment Programs, 11/06/09, Community Counseling Center, Hermitage, PA
MC11	\$80	\$50	An Overview of Behavioral Health Diagnoses in Older Adults and Current Treatment Strategies, 11/11/09, California University of PA
MC13	\$80	\$50	Advanced Group Counseling for Addiction or Co-Occurring Disorders, 11/19/09, UPMC Shadyside, Herberman Conference Center
MC14	\$80	\$50	Cognitive Behavior Therapy – Best Practice Approaches in Conducting CBT Groups for Adults, 11/20/09, UPMC Shadyside, Cooper Conference Center
MC01	\$80	\$50	Hypnotherapy for Anxiety and Pain, 12/01/09, UPMC Shadyside, West Wing Auditorium
MC03	\$80	\$50	Spirituality and Recovery, Part 2: How to Conduct Spirituality and Recovery Groups, 12/03/09, St. Joseph's Spirituality Center
Total:			

Payment

Total Enclosed:		Method of Payment:			
Check []	VISA []	MasterCard []	AMEX []	Discover []	UPMC Account []
(Check Payable to OERP/WPIC) Check# _____					
To be completed by Credit Card Users ONLY:					
Card Number: _____					
Expiration Date: _____					
Signature: _____					
Security Code: (on back of card) _____					
To be completed for UPMC account transfers ONLY:					
Business Unit: _____			Dept. ID #: _____		
Administrator's Name: _____					
Administrator's Signature: _____					

[] FEE WAIVED – ADDICTION MEDICINE STAFF (MC12 AND MC13 TRAININGS ONLY)

