

Cognitive Therapy Training on Disc™

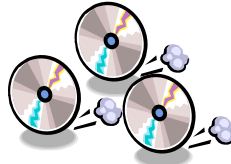
Exclusively for Mental Health Professionals

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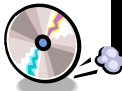
7 DVDs



25 Audio CD
workshops



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DVDs

Full color • Region free • NTSC format

CLINICAL DEMONSTRATIONS

SOCIAL ANXIETY

VSA Cognitive Therapy for Social Anxiety (release date April 2008)

PANIC DISORDER

VPAN Cognitive Therapy for Panic Disorder

CASE CONCEPTUALIZATION

VCON Collaborative Case Conceptualization

SOCRATIC DIALOGUE

VSOQ Guided Discovery Using Socratic Dialogue

THOUGHT RECORD

VATR Testing Automatic Thoughts with Thought Records

NEW UNDERLYING ASSUMPTIONS & BEHAVIORAL EXPERIMENTS

VUAE Constructing NEW Underlying Assumptions & Behavioral Experiments

NEW CORE BELIEFS

VBEL Constructing NEW Core Beliefs

See next page
for Audio CDs

From Argentina to Zimbabwe

Cognitive Therapy Training on Disc™ is used worldwide by therapists, researchers & teachers in 56 different countries

AUDIO CDs

1 to 6 hour

CLINICAL WORKSHOPS

ANXIETY DISORDERS

- ANX1 Anxiety Disorders: Principles & Methods
ANX2 Brief CT for Phobias & Generalized Anxiety Disorder (GAD)
OCD CT for Obsessive Compulsive Disorder (OCD) & Hypochondriasis
PTSD2 CT for Posttraumatic Stress Disorder (PTSD): Theory & Protocol
SANX CT for Social Anxiety: "Are You Talking To Me?" (release date April 2008)

CHILDREN

- CHILD CT with Children

COUPLES

- COUP CT for Couples Conflict : "What Lies Beneath"
LANG Constructive & Deconstructive Language in Couples Therapy
LNE Love is Never Enough : CT with Couples

DEPRESSION

- DEP1 CT of Depression: Foundations & Innovations
LB1 Advanced CT of Depression

FUNDAMENTALS OF COGNITIVE THERAPY

- BEHX Behavioral Experiments
CC Case Conceptualization
CHCT Cognitive Therapy's Past & Future: A Conversation Hour with Questions & Answers
GOAL Goal Setting in CT
GUID Guided Discovery
IMAG Imagery in CBT
MCCC Step-by-Step Model of Collaborative Case Conceptualization

GROUPS

- GRP Group CT: a Balancing Act

MANUAL ASSISTED THERAPY

- MMTX Using *Mind Over Mood*: in Therapy

PERSONALITY DISORDERS

- CTPD24 CT of Personality Disorders (CTPD): Principles & Methods to Change Schemas
CTPD5 CT of Borderline Personality Disorder
CTPD7 CT of Dependent & Avoidant Personality Disorder
CTPD9 Continuum & Positive Data Log: Schema Change Methods

FOR THE THERAPIST

- TB1 Therapist Beliefs: Protocols, Personalities & Guided Exercises

*25 Audio CD
workshops*

