

# Cognitive Therapy Training on Disc™

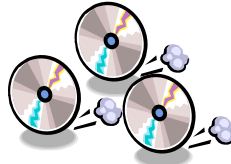
Exclusively for Mental Health Professionals

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## **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 47 different countries

## AUDIO CDs

40 minutes 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 (**new release November 2009**)

### 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

24 Audio CD  
workshops



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