

Video DVD Chapter & Timing Information

Cognitive Therapy Training on Disc

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Region Free Video: MPEG-2 | **Format:** NTSC

Aspect ratio: 4:3 | **Audio:** Dolby Digital 2.0 192Kbps | **Output:** 48KHz/16bits 2 Channels

Permissions & Use Requirements

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VATR DVD Chapters with times (1:09:39)

0. Titles (30 sec with music)
1. Permissions & Use Advisement (00:54 with music)
Beliefs & Interventions (00:00 to 4:46)
2. Situations, Mood, Thoughts (4:46 to 13:39)
3. "Hot" Thoughts (13:39 to 21:28)
4. Supporting Evidence (21:28 to 30:03)
5. Non-supporting Evidence (30:03 to 40:58)
6. Search for Hidden Evidence (40:58 to 49:50)
7. Alternative / Balanced Thoughts (49:50 to 1:01:30)
8. Summary & Feedback (1:01:30 to 1:08:40)
9. End Credits (1:08:40 to 1:09:39 with music)

VBEL DVD Chapters with times (1:00:35)

0. Titles (30 sec with music)
1. Permissions & Use Advisement (00:54 with music)
Core Beliefs (00:00 to 5:28)
2. Session Overview (5:28 to 10:12)
3. Identify Core Beliefs (10:12 to 16:16)
4. Continuum Ratings (16:16 to 21:23)
5. Continuum Criteria (21:23 to 28:38)
6. Core Belief Log Rationale (28:38 to 34:56)
7. Navigate Roadblocks (34:56 to 48:17)
8. Assign Core Belief Log (48:17 to 54:03)
9. Feedback & Summary (54:03 to 59:34)
10. End Credits (59:34 to 1:00:35 with music)

VCON DVD Chapters with times (57:52)

0. Titles (30 sec with music)
1. Permissions & Use Advisement (00:54 with music)
Presenting Issues (00: to 10:33)
2. Cultural Context (10:33 to 19:33)
3. Beliefs, Rules & Strategies (19:33 to 26:39)
4. Summary, Benefits & Costs (26:39 to 30:45)
5. Goals (30:45 to 36:12)
6. Written Conceptualization (36:12 to 40:44)
7. Conceptualization & Goals (40:44 to 53:53)
8. New Rules to Reach Goals (53:53 to 53:53)
9. Summary & Feedback (53:53 to 57:17)
10. End Credits (57:17 to 57:52 with music)

VPAN Chapters with times (50:26)

0. Titles (30 sec with music)
1. Permissions & Use Advisement (00:54 with music)
CBT Panic Disorder (00:00 to 4:27)
2. Sensations & Thoughts (4:27 to 16:08)
3. Panic Model (16:08 to 22:40)
4. Induction Experiment (22:40 to 27:16)
5. Debrief Experiment (27:16 to 35:49)
6. Two Hypotheses (35:49 to 39:48)
7. Treatment Plan (39:48 to 47:28)
8. Homework Assignments (47:28 to 49:49)
9. End Credits (49:49 to 50:26 with music)

VRES Chapters with times (1:02:50)

1. Identify Problems & Positive Interests
(00:00 to 06:07 includes intro with music)
2. Choosing a Positive Interest for Strengths Search (06:07 to 10:47)
3. Identify Obstacles (10:47 to 15:19)
4. STEP 1: SEARCH for Strengths (15:19 to 29:20)
5. STEP 2: CONSTRUCT a Personal Model of Resilience (29:20 to 35:56)
6. Set a Goal to be Resilient (35:56 to 44:10)
7. STEP 3: APPLY PMR to a Problem (44:10 to 48:05)
8. STEP 4: PRACTICE Resilience (48:05 to 1:02:50 includes end credits with music)

VSOQ Chapters with times (44:30)

0. Titles (30 sec with music)
1. Permissions & Use Advisement (00:54 with music)
Socratic Dialogue (00:00 to 1:45)
2. Four Stages (1:45 to 3:23)
3. DEPRESSED Client: Sharon (3:23 to 16:11)
4. Collaborative Empiricism (16:11 to 16:58)
5. ANXIOUS Client: Jean (16:58 to 30:45)
6. Advantages of Guided Discovery (30:45 to 31:44)
7. ANGRY Client: Carl (31:44 to 43:05)
8. Summary (43:05 to 43:33)
End Credits (43:33 to 44:30 with music)

VSA Chapters with times (53:24)

0. Titles (30 sec with music)
1. Permissions & Use Advisement (00:54 with music)
Fear of Criticism (00:00 to 7:12)
2. Relevant History (7:12 to 12:34)
3. Treatment Rationale (12:34 to 15:57)
4. Assertive Defense Setup (15:57 to 22:30)
5. Practice Assertive Defense (22:30 to 28:21)
6. Debrief Experiments (28:21 to 37:07)
7. Seek Criticism (37:07 to 43:27)
8. Practice "Gentle" Defense (43:27 to 46:35)
9. Summary & Assignment (46:35 to 53:10)
10. End Credits (53:10 to 53:24 with music)

VUAE DVD Chapters with times (44:31)

0. Titles (30 sec with music)
1. Permissions & Use Advisement (00:54 with music)
Underlying Assumptions (00:00 to 5:09)
2. Bob's Conceptualization (5:09 to 9:14)
3. Goals & NEW Beliefs (9:14 to 16:11)
4. Strengths Perspective (16:11 to 28:04)
5. NEW Underlying Assumptions (28:04 to 32:14)
6. Behavioral Experiments (32:14 to 37:31)
7. Bob's Predictions (37:31 to 44:31)
8. Feedback & Summary (44:31 to 52:43)
9. End Credits (52:43 to 53:45 with music)

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