Please select a date and location:

- **Wichita** - May 21
- **Kansas City** - May 22
- **St. Louis** - May 23
- **Cedar Rapids** - June 18
- **Des Moines** - June 19
- **Omaha** - June 20

**Total Registration Fee:**

<table>
<thead>
<tr>
<th>Registrant Type</th>
<th>Early*</th>
<th>Regular</th>
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<tr>
<td>Single Registrant</td>
<td>$169</td>
<td>$189</td>
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<tr>
<td>2 to 4**</td>
<td>$159 ea.</td>
<td>$179 ea.</td>
</tr>
<tr>
<td>5 or more,**</td>
<td>$139 ea.</td>
<td>$159 ea.</td>
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*Registrations received 10 days prior to seminar date.

**Price per person when registering at the same time.

I am registering and would like to order a set of CDs for $59 plus $8 S&H

**SELF STUDY/AUDIO PRODUCTS**

- **Cognitive-Behavioral Therapy**
  - #1687
  - CD/manual package: $169 plus $8 S&H

- **Prolonged Exposure Therapy for Post-Traumatic Stress Disorder**
  - #4439
  - Self study audio package: $169 plus $8 S&H

TN residents add 9.25% state sales tax on audio products only.

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Learn the Basics of Cognitive-Behavioral Therapy, the ideal evidenced-based therapy, from a nationally recognized expert!

Cognitive-Behavioral Therapy: The Basics of Helping People Get Better

Why Learn Cognitive-Behavioral Therapy?

Today, the mental health field is focused on evidenced-based and short-term counseling and psychotherapy for several reasons. First, clinicians and treatment centers need to practice an approach that is supported by psychotherapy outcome research. In other words, the approach must work. Secondly, in today’s managed care environment, clinicians are often limited in terms of the number of sessions they have to help their clients.

Cognitive-Behavioral Therapy (CBT) has always been the ideal research-supported, short-term therapy, even before it was popular to practice such an approach! The very instructive nature of CBT produces long-term results because it teaches clients rational self-counseling that they can apply not only to their current concerns, but to anything that might come their way. CBT also emphasizes getting better, rather than feeling better. When CBT clients are “better,” they understand exactly why.

This seminar will teach you the basics of a very systematic approach to Cognitive-Behavioral Therapy. The systematic approach helps the therapist know where he or she is in the therapeutic process at any given point. Because many approaches to CBT are not particularly systematic, the systematic nature of the CBT approach presented in this seminar is very comforting and reassuring to both novice and experienced CBT therapists.

What You Will Learn

- Learn the basics of Cognitive-Behavioral Therapy
- Learn how to help clients get better, rather than just feel better
- Learn a cognitive-behavioral approach to goal setting and achievement
- Learn how to help clients identify problem thoughts
- Learn how to help clients replace problem thoughts with healthy, rational thoughts
- Learn how to begin performing CBT immediately

Course Director

ALDO R. PUCCI, MA, DCBT, is President of the National Association of Cognitive-Behavioral Therapists (http://www.nacbt.org). Mr. Pucci holds an MA in Clinical Psychology from Radford University and is a Licensed Professional Counselor. Mr. Pucci was trained in Rational Behavior Therapy by its originator, internationally acclaimed psychiatrist Maxie C. Maultsby, Jr., MD. Mr. Pucci then went on to develop his own form of CBT known as “Rational Living Therapy.” He has trained thousands of mental health clinicians and has presented his workshops and certification seminars on Rational Living Therapy and Rational Hypnotherapy throughout the United States. Mr. Pucci’s seminars receive rave reviews. He holds the titles of Diplomate in Cognitive-Behavioral Therapy (NACBT), Certified Medical Hypnotherapist (Institute of Medical Hypnosis), and Certified Clinical Hypnotherapist (National Board for Hypnotherapy and Hypnotic Anesthesiology). Mr. Pucci is the author of many articles and books, including How to Live a Healthy, Happy Life, No Matter What!

What You Will Learn

“Aldo Pucci presents clear, coherent material with excellent examples to bring the content to life. His presentation was very relaxed, genuine and open. Great seminar!”

Jean Tracy, Psychologist
Schaumburg, IL

www.CrossCountryEducation.com
### Who Should Attend

- Social Workers
- Counselors
- Psychologists
- Alcohol and Drug Counselors
- Case Managers
- Nurses
- Marriage and Family Therapists
- Graduate Students
- Mental Health Technicians/Support Staff

### Dates & Locations

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Venue</th>
<th>Address</th>
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<tr>
<td>Wichita</td>
<td>May 21, 2013</td>
<td>Holiday Inn Select</td>
<td>549 S Rock Rd, Wichita, KS 67207</td>
<td>316-686-7131</td>
</tr>
<tr>
<td>Kansas City</td>
<td>May 22, 2013</td>
<td>Four Points by Sheraton</td>
<td>11832 NW Plaza Circle, Kansas City, MO 64153</td>
<td>816-464-2345</td>
</tr>
<tr>
<td>St. Louis</td>
<td>May 23, 2013</td>
<td>Holiday Inn Airport</td>
<td>4505 Woodson Rd, St. Louis, MO 63134</td>
<td>314-427-4700</td>
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<tr>
<td>Cedar Rapids</td>
<td>June 18, 2013</td>
<td>Cedar Rapids Marriott</td>
<td>1200 Collins Rd NE, Cedar Rapids, IA 52402</td>
<td>319-393-6600</td>
</tr>
<tr>
<td>Des Moines</td>
<td>June 19, 2013</td>
<td>Holiday Inn Des Moines Northwest</td>
<td>4800 Merle Hay Rd, Des Moines, IA 50322</td>
<td>515-278-4755</td>
</tr>
<tr>
<td>Omaha</td>
<td>June 20, 2013</td>
<td>The Magnolia Hotel</td>
<td>1615 Howard St, Omaha, NE 68102</td>
<td>402-342-2222</td>
</tr>
</tbody>
</table>

### Course Hours

Registration begins at 7:30 a.m. The seminar begins at 8:00 a.m. and concludes at 3:30 p.m. Coffee/hot tea provided in a.m. One-hour break for lunch on your own. For late arrivals or early departures, please see amended certificate information under Continuing Education Credit.

### COURSE CONTENT

**A BRIEF OVERVIEW OF THE BACKGROUND AND PHILOSOPHY OF CBT**

- The theoretical and philosophical basis of CBT and how to be guided by it
- Learning CBT theory and how to apply it to many different therapeutic situations
- Learn the myths and misconceptions of CBT to better address concerns with your clients and colleagues

**THE SYSTEMATIC APPROACH TO CBT: HOW TO KNOW WHERE YOU ARE IN THE THERAPY PROCESS AT ANY GIVEN POINT**

- Not all approaches to CBT are systematic
- Systematic approach to Cognitive-Behavioral Therapy
- Know where you are in the therapeutic process at any given point

**GOAL SETTING—THE COGNITIVE-BEHAVIORAL WAY**

- Developing goals for therapy, life goals and daily living goals
- How to motivate the client to develop goals and to achieve them

**THE ABCS OF EMOTIONS: HOW TO TEACH CLIENTS WHAT CAUSES THEIR FEELINGS AND BEHAVIOR**

- Understanding of the Emotional ABCs is essential to emotional and behavioral improvement
- Learn how to present the ABCs of emotions to clients in a manner that is understandable
- Uncover “automatic thoughts” that make it appear as though people, situations and things cause feelings and behaviors
- Practice the ABCs during the seminar

**THE RATIONAL QUESTIONS: HOW TO HELP CLIENTS DETERMINE FOR THEMSELVES WHETHER OR NOT THEIR THOUGHTS ARE RATIONAL**

- Learn how to teach clients the three rational questions to help them determine whether or not their thinking and behavior is rational and healthy
- Practice the rational questions during the seminar

**COMMON MENTAL MISTAKES: HOW PEOPLE GO WRONG IN THEIR THINKING AND HOW TO HELP THEM CORRECT THOSE MISTAKES**

- Learn how to recognize errors in clients’ thinking
- Learn how to teach clients to recognize for themselves errors in their own thinking
- Help clients correct those mistakes and develop new, rational replacement thoughts

**HELPING PEOPLE PRACTICE THEIR NEW THOUGHTS, FEELINGS AND BEHAVIORS**

- Learn excellent techniques that help clients practice their new, rational thoughts and behaviors

**HOW TO END THERAPY, ENCOURAGE AND FOSTER LONG-TERM RESULTS**

- Learn, from a CBT perspective, how to recognize when a client is ready for therapy termination
- Learn how to foster long-term results

**THE ISSUE OF HOMEWORK**

- Discover homework assignments that can provide clients with an ongoing therapeutic focus
Confirmations & Cancellations

Confirmations of registration are sent via email within three days of receipt in our office. Add customerservice@crosscountryeducation.com to your email address book to ensure delivery. If you have not received a confirmation, you may call our office at 800-397-0180 or 615-331-4422 to verify registration. Cancellations received at least five working days before the event are refundable less a $20 administrative charge per registrant. There is no refund for cancellations received later; however, a credit will be issued toward a future event or product order. Please note that if you register and do not attend, you are still liable for full payment. Substitutions may be made at any time. The expense of continuing education, when taken to maintain and improve professional skills, may be tax deductible. Please contact your accountant for complete details.

Disclaimer: Any opinions, findings, recommendations or conclusions expressed by the author(s) or speaker(s) do not necessarily reflect the views of Cross Country Education. Cross Country Education reserves the right to substitute a qualified instructor due to unforeseen circumstances.

Registrants will not receive a certificate until payment has been received and course has been successfully completed. If payment is not received ten (10) days prior to the seminar, the certificate may not be present at the seminar. If your payment is returned marked NSF it will be represented electronically and a processing fee will be charged as allowed by law.

Audio Products

Audio products include a comprehensive CD recording and companion course manual. If you are registered to attend this seminar, you may order a set of CDs at a reduced fee. Pricing can be found on the registration form, along with shipping and handling. All pricing given in US currency; please call for international rates. You can order online at our website, by faxing or mailing the registration form on this brochure, or by calling 800-397-0180 or 615-331-4422. All material is under copyright; any duplication is unauthorized without written consent from Cross Country Education. Products in stock will typically ship within 5-7 business days. Call for availability.

Can’t Come to Us? Let Us Come to You!

Choose the seminar topics, dates, and locations that suit your needs. Continuing education available for select professions.

For more information, visit www.CrossCountryEducation.com or contact Barbara Lewis at 1-888-683-4277.

www.CrossCountryEducation.com

...more audio options with CE available

Psychopharmacology in Plain English

This seminar will focus on practical decisions when confronted with psychopharmacological ethical dilemmas and on practical information about antidepressants, antipsychotics, and medicines for insomnia.

Item #4003 $179 plus S&H

check out more audio courses at www.CrossCountryEducation.com

Continuing Education Credit

Social Workers: Cross Country Education provider #1005, is approved as a provider for Social Work continuing education by the Association of Social Work Licensure Boards (ASWB), through the Approved Continuing Education (ACE) program (an approved provider since 1999, approved through 1-27-15). Cross Country Education maintains responsibility for the program. Social workers will receive 6 continuing education clock hours for participating in this course. Licensed social workers should contact their individual state jurisdiction to review the current continuing education requirements for licensure renewal. Visit ASWB’s website at www.aswb.org for more information.

Counselors: Cross Country Education is an NBCC Approved Continuing Education Provider (ACEP™) and may offer NBCC approved clock hours for events that meet NBCC requirements. (NBCC Provider #5904) The ACEP solely is responsible for all aspects of the program. Six (6) contact (clock) hours are being awarded for completion of this program. Cross Country Education is a registered counselor continuing education sponsor approved through the State of Illinois Department of Professional Regulation (license # 197-000144). This program is offered for six (6) contact hours of continuing education for counselors. Licensed counselors in other states should contact their individual state jurisdiction to review the current continuing education requirements for licensure renewal.

Psychologists: Cross Country Education is approved by the American Psychological Association to sponsor continuing education for psychologists. Cross Country Education maintains responsibility for this program and its content. This program offers 6 CE credits for psychologists. Full attendance is required to receive credit for psychologist, variable credit for partial attendance may not be awarded based on the APA guidelines.

Nurses: Cross Country Education, LLC is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. This course is offered for 6 contact hours.

Cross Country Education is an approved provider with the Iowa Board Of Nursing, approved provider #328. This course is offered for 7.2 contact hours. Cross Country Education is approved by the California Board of Registered Nursing, Provider ICEPT 13345, for 7.2 contact hours. Cross Country Education is an approved provider by the Florida Board of Nursing, provider #50-466. This course is offered for 6.0 contact hours.

Alcoholism and Drug Abuse Counselors: Cross Country Education is an approved provider by NAADAC Approved Education Provider Program (Provider #369). This course is offered for 6 contact hours.

Case Managers: This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to CCM® board certified case managers. The course is approved for 6 CE contact hour(s). Activity code: 50002203. Approval Number: 201336868. To claim these CEs, log into your CE Center account at www.ccmcertification.org.

Other professions: This educational offering qualifies for 6 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

All professionals: In order to process continuing education, please bring the appropriate license/certification number to the seminar.

Amended certificates: Please note that the credit hours listed above are offered by Cross Country Education and/or boards/associations for a full day’s attendance. In the event of late arrival and/or early departure, amended certificates indicating the actual number of credit hours earned will be provided upon calling Cross Country Education.

ADA: If you require ADA accommodations, please contact Cross Country Education at least two weeks before the seminar date or prior to ordering any online or distance learning products so that arrangements can be made.

Prolonged Exposure Therapy for Post-Traumatic Stress Disorder

Discuss the treatment components of Prolonged Exposure therapy in order to successfully treat PTSD. Explore advanced topics, such as how to handle multiple traumas and how to address substance abuse that co-exists with PTSD.

Item #4439 $169 plus S&H

check out more audio courses at www.CrossCountryEducation.com