

Primary Certificate Practicum in REBT

MAY 6-7

SECOND CHANCES
CHATTANOOGA ENDEAVORS
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SHORT-TERM THERAPY WITH LONG-TERM RESULTS

CHA

20 Continuing Education Credits

SAT/SUN

“By learning to alter their dysfunctional beliefs, people can develop greater capacities for dealing with current problems, and live freer and more emotionally satisfying lives.”

— Terry London

THE TRAINING

In this primary certificate course you will learn from leading REBT practitioners proven methods to quickly help your clients examine and challenge their dysfunctional, unhelpful beliefs and to replace them with adaptive, productive ones. The focus is on REBT’s theory and application of emotional disturbance and change. REBT’s conceptualization of emotions and Learning from Errors will also be explained and participants will have the opportunity to practice their REBT skills in small group supervision and receive immediate feedback from experienced certified REBT supervisors.

This training is for psychologists, therapists, counselors, social workers, case managers, coaches, students and others who want to learn more about this brief, direct, and solution-oriented therapy.

ABOUT REBT

Rational Emotive Behavior Therapy (REBT) is the original form of Cognitive Behavior Therapy. It is one of the most successful psychotherapeutic techniques in the world — and one of the most widely practiced. Disillusioned with the slow progress of his clients using traditional forms of

psychotherapy, its founder, world-renowned psychologist Albert Ellis, developed this “effective, short-term therapy with long-term results.” By focusing directly on his clients’ beliefs, he was able to help them more effectively and more rapidly to learn effective strategies to cope with and overcome adversity as well as to achieve goals.

REBT vigorously encourages insight, realistic perspective, reasoning, and logic but holds that these rational elements alone—without strong emotion, motivation, and action—are not enough for lasting change. It emphasizes the present, addressing attitudes, unhealthy emotions and maladaptive behaviors that can negatively impact life satisfaction.

By helping patients recognize their irrational and destructive beliefs, feelings, and behaviors, and to restructure harmful philosophic and behavioral styles to achieve maximal levels of happiness and productivity.

LEARNING OBJECTIVES

- 1 Understand and apply the REBT theory of emotional disturbance and change.
- 2 Apply the ABC model to a large variety of clinical issues.
- 3 Identify, challenge and dispute clients dysfunctional thoughts.
- 4 Construct and teach clients how to have new adaptive thoughts, emotions and behaviors.
- 5 Develop and apply homework protocols for treating common presenting problems.

CHICAGO INSTITUTE FOR REBT

The training team for this weekend continuing education program is from the Chicago Institute for REBT, which is an affiliated training center of the New York based Albert Ellis Institute and was established to increase the number of mental health professionals who provide REBT.



MICHAEL S. SHEAR, PSY.D.

Dr. Shear is Co-Director of the Chicago Institute for Rational-Emotive Behavior Therapy. He is a licensed REBT practitioner and clinical supervisor through the Albert Ellis Institute located in New York City.

For more than 20 years, Dr. Shear has been a counselor and instructor of REBT and has spent his career demonstrating that work and practice is the key to learning how to take care of our emotional well-being using the principles of REBT.



TERRY LONDON, M.S.

Mr. London is Assistant Director of the Chicago Institute for Rational-Emotive Behavior Therapy. He is considered a pioneer at developing the educational approach Rational-Emotive Behavior Education and is the author of seven books for both professionals and

non-professionals seeking information to improve their emotional and behavioral management. He is both a licensed REBT practitioner and clinical supervisor through the Albert Ellis Institute located in New York City. For over thirty-two years, he has been teaching graduate courses and presenting workshops and conducting professional training.

AMOR-CIELO MONJES, M.ED

Ms Monjes is a professional educator in the Chicago area with specialties in health curricula for primary-age children and autism. She received an M.Ed. in Education from National-Louis University. She has taken many REBT/REBE training workshops and seminars and received her primary certificate in Rational-Emotive Behavioral Education from the Chicago Institute for REBT. She is also a highly regarded piano instructor.

CHATTANOOGA ENDEAVORS

Serving the community since 1988, Chattanooga Endeavors is one of the oldest prisoner reentry programs in Tennessee. The organization has addressed some of the most challenging issues faced by former offenders and their loved ones and is best known for its pioneering work on employment following incarceration, which included a nationally regarded work-readiness program and an award winning alternative staffing venture.

TRAINING AGENDA

This weekend continuing education program will include frequent Q&A, clinical supervision, peer counseling, feedback, and demonstrations by leading REBT practitioner. The agenda is as follows:

- ◆ Historical perspective on Albert Ellis, REBT and CBT
- ◆ Basic ABC's of REBT
- ◆ Theory of Musturbation
- ◆ Unconditional Self-Acceptance, Unconditional Other-Acceptance, and Unconditional Life-Acceptance
- ◆ Case against self-esteem
- ◆ Disputing strategies
- ◆ REBT Self-Help Materials
- ◆ The difference between REBT and other CBT systems
- ◆ Difficulties with strategies for detecting or disputing
- ◆ Disputing strategies and psycho-educational materials
- ◆ Common mistakes made by new REBT practitioners
- ◆ Interview with Albert Ellis
- ◆ Final Exam

INFORMATION & REGISTRATION

Date May 6-7, 2017

Time 8:00 AM - 6:30 PM

Place Family Justice Center (Chattanooga)

Cost \$340 (\$999 value)

Contact 423-266-1888; training@chattanoogaendeavors.com

20 CONTINUING EDUCATION CREDITS

See below for details.

REGISTER FOR THIS WORKSHOP

www.chattanoogaendeavors.com/training

Continuing Education credit for this program is awarded by Commonwealth Educational Seminars (CES) for the following professions:

Social Workers: CES, provider #1117, is approved as a Provider for Social Work Continuing Education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. CES maintains responsibility for the program. ASWB Approval Period: 10/5/15 through 10/5/18. Social Workers should contact their regulatory board to determine course approval. Social Workers participating in this course will receive 20.0 clinical continuing education clock hours.

Licensed Clinical Professional Counselors/Licensed Mental Health Counselors: Commonwealth Educational Seminars (CES) is entitled to grant continuing education credit for LPCs/LMHCs in the following states: AZ, AR, CA, CO, CT, DE, DC, FL, GA, HI, ID, IL, IN, IA, KS, KY, ME, MA, MO, NE, NH, NJ, NM, NC, OR, PA, RI, SC, SD, TN, TX, UT, VT, VA, WA, WI, WY. CES maintains responsibility for this program. LPCs/LMHCs completing the program will receive 20.0 continuing education hours of credit.

