LESLIE SOKOL, PH.D.
Defeating Self-doubt and Developing Unshakable Self-Confidence

Event date: Friday, October 26, 2018
Location: Canterbury Center at Canterbury United Methodist Church, 350 Overbrook Road, Birmingham, AL 35213
(For directions, go to www.canterburyumc.org/mapdirections)

REGISTRATION OPTIONS

1. MAIL OR DELIVER
Fill out the registration form online and pay by credit card through Paypal.
Register the day of the event. On October 26, go to Canterbury Hall between 8:00 am - 8:30 am, fill out the registration form and pay the $95 event fee. No CE credit is $80.

2. ON-LINE

3. DAY OF EVENT
Register the day of the event. On October 26, go to Canterbury Hall between 8:00 am - 8:30 am, fill out the registration form and pay the $95 event fee. No CE credit is $80.

Using Cognitive Behavioral Therapy with Teens and Adults

A Terrific Value at $85*

5 hours CE credit

*The reduced rate made possible due to grants provided by the Hill Crest Foundation and the Daniel Foundation of Alabama. We greatly appreciate these gifts.

If you know of someone who may be interested in this workshop, please pass this brochure on to them.
Leslie Sokol, PhD, is an internationally acclaimed licensed psychologist and leader in the field of CBT with more than 30 years of experience as a master teacher, clinician and research scientist. She was past director of education and training and one of the principal instructors with the world-renowned Beck Institute established by Dr. Aaron T Beck and Judith Beck PhD in Philadelphia, PA. Dr. Sokol is regarded by many as one of the top 10 trainers and supervisors of CBT in the USA. Her mission has been to disseminate the power of CBT for a variety of disorders with particular emphasis in helping patients with anxiety and depression disorders. A dynamic and charismatic teacher, she has conducted workshops throughout the world and presented to audiences throughout America through nationally syndicated talk shows and TV programs originating in Philadelphia and New York City. A prolific writer and researcher, she has authored and co-authored many CBT evidence-based studies and co-authored several books, most recent: Think Confident And Be Confident for Adults, followed by Think Confident And Be Confident for Teens. Teen Workbook on Think Confident And Be Confident and Teaching and Supervising CBT with Donna Sudak, MD, 2015. We feel especially privileged to have Dr. Sokol as our resource leader once again in Birmingham Alabama. Come join us for a day of world class training in evidence-based counseling techniques that works. We promise you a day of training, camaraderie and fun which will offer you new techniques to empower you to work with teens, adults, family and peers. Plan now to join us for one of the best workshops of the year!

About The Instructor

Leslie Sokol, PhD

Defeating Self-doubt and Developing Unshakable Self-Confidence

Using Cognitive Behavioral Therapy with Teens and Adults

Sponsored by:

Pine Grove Behavioral Health and Addiction Services/Forrest General Hospital Hattiesburg, MS

Canterbury United Methodist Church

Addiction Prevention Coalition

Community Grief Support

The Crisis Center

Timeliness and Description: Studies show that self-confidence plummets during the adolescent and collegiate years, when complex social relationships begin to take center stage and teens begin to sever their independence from parents and families as a result. Teens become more vulnerable to peer pressure, social media, self-doubt, depression, anxiety and the potential for substance abuse and alcohol problems.

Think Positive, Be Positive for Teens is a cognitive behavioral therapy guide teens can use to recognize and reframe self-doubt and give-up thoughts in order to replace them with more confident, positive thoughts about themselves and their ability to reach their goals.

This daylong workshop is designed for both the interested layman as well as the beginner and advanced practitioner of Cognitive Behavioral Therapy (CBT). Through didactic lecture, experiential exercises and video observation participants will gain a comprehensive understanding of the cognitive model and how to apply to clients and their problems. Self-confidence is the best armor against psychopathology and this workshop led by one of the nation’s most articulate and dynamic supervisors and trainers of CBT will provide specific tools to remove self-doubt and grow a more realistic positive view of oneself.

Perhaps the greatest potency of CBT is in the treatment of anxiety disorders. This workshop will focus on the cognitive conceptualization of anxiety and specific treatment strategies. Cognitive restructuring and behavioral exposure will be presented and demonstrated. Self-doubt is a particular vulnerability in the anxious clinician/patient. This workshop will address how to defeat self-doubt and build the greatest resource against anxiety, self-confidence.

WORKSHOP OBJECTIVES

1. Assess the maladaptive thinking process indicative of self-doubt and debilitating anxiety in teens and adults.
2. Assess the level of risk at relevant points in time.
3. Develop case conceptualization skills to better understand clients through the lens of the cognitive model.
4. Outline ethical guidelines for working with teens and adults.
5. Gain skills in identifying, evaluating and modifying self-doubt and building self-confidence.
6. Gain skills in understanding and delivering various types of exposure in the treatment of anxiety disorders.

CE CREDITS

This continuing education (CE) activity has been approved by the Alabama Board of Examiners in Counseling (ABEC) for 5.0 clock hours (ABEC#18BA16). Pine Grove Behavioral Health is approved by the American Psychological Association to sponsor continuing education for psychologists and other professionals. Pine Grove maintains responsibility for this program and its contents. This program is approved for five and a half (5.5) credit hours for licensed psychologists and other professionals.

The Alabama State Board of Social Work Examiners (ABSWCE Provider # 0336) for 4.0 hours clinical hours and 1.0 ethics hour.

Agenda

Friday, October 26, 2018

8:00 - 8:30 am Registration and light breakfast

8:30 - 10:00 am Overview of the cognitive model and case conceptualization.

10:00 -10:15 am Break

10:15 - 12:00 am Video demonstration, role play exercises, building confidence

12:00 - 1:00 pm Lunch (on your own or bring lunch - beverage provided)

1:00 - 2:30 pm Cognitive conceptualization of Anxiety Disorders

2:30 - 2:45 pm Break

2:45 - 3:30 pm CBT treatment for anxiety disorders - cognitive restructuring and exposure, Q & A