

ATTENTION LMFTS AND LCSWS!

Experience a life-changing seminar & earn 20 CEU's all in one weekend!

The Cognitive -> Affective -> Behavioral Approach to Change

Ellis gave us the cognitive approach, Perls focused on the affective and Skinner believed in the behavioral approach. The way we think (cognitive) about people, events and words determines our feelings (affective) and what we feel determines our actions (behaviors). Integrating these disciplines has resulted in a powerful, effective approach to change.

Effective, Lasting Results in only One Weekend

At the New Directions workshop we will show you how this life-changing process works. Each component is essential, but the biggest changes come when the Affective (feelings) are understood and appreciated. You will experience first-hand the power your feelings and emotions have on your health and well-being. As a child you learned survival techniques but as an adult these techniques may no longer work and can cause painful and dysfunctional relationships. This weekend you will learn how to be a better therapist for yourself and your clients.

Learning goals for the weekend include being able to:

- Identify and categorize different feelings and emotions
- Understand the thoughts, beliefs and expectations behind the feelings.
- Learn to accept, express and release feelings in positive, productive ways
- Respond effectively and appropriately to others' feelings and emotions

Everyone interested in personal growth and change is welcome.



New Directions Workshops

The weekend that could change your emotional life, forever!

Info: <http://www.NewDirectionsWorkshop.com>

Phone: **(559) 431-9995** Fax: (559) 431-9996

Place: 2GetHelp Wellness Center
2560 W. Shaw #105
Fresno, CA 93711

Date: **Nov. 6-8, 2009**

Times: Friday evening, 7pm to 10pm (approximately)
Saturday 9am to 7pm (time out for lunch and breaks)
Sunday 9am to 6pm, Graduation ceremony at 7pm (guests are welcome)

Cost: \$349 (money-back satisfaction guarantee)

Text: TAKING CONTROL OF YOUR LIFE by M. K. Downing, Ph.D., LMFT (included)

Instructors: Matt & Paula Perelstein & M. K. "Doc" Downing, Ph.D., LMFT

CEUs: 20 contact hours BBS provider # PCE3406

Syllabus: <http://www.NewDirectionsWorkshop.com/docs/CourseOutline.pdf>

Special: **\$20 off for on-line registration**

Sign-up: <http://www.NewDirectionsWorkshop.com/orderceu.htm>

<mailto:doc@2gethelp.com>

<http://www.2GetHelp.org>