



INTENSIVE TRAINING IN CBT (7-PART SERIES)

STARTING JANUARY 7, 2021

ATTEND VIRTUALLY VIA LIVE WEBINAR

ATTENDANCE Join us virtually via live webinar
for individual workshops or all 7 offerings!

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SERIES DESCRIPTION

MAHEC and CBT Training and Consultancy, LLC, are pleased to announce an intensive training program in cognitive behavior therapy (CBT) for mental health and other healthcare professionals. The program consists of nine workshops (six hours each) focused on fundamental and advanced conceptualization and intervention skill development. The workshops include applications of CBT to various clinical populations including children, couples, and specialties such as mood, anxiety, personality, and substance use disorders.

Participants are encouraged to attend all seven sessions to maximize knowledge and skill development. However, participants can also attend individual workshops based on their clinical interests. Those who attend all workshops will receive a certificate of completion of intensive CBT training and, additionally, will have met the training hour criterion (40 hours) for credentialing as a CBT therapist through the prestigious Academy of Cognitive and Behavioral Therapies.

Group consultation has shown to develop competency in applying CBT skills. Individuals seeking CBT certification through the Academy of Cognitive and Behavioral Therapies would be required to produce a case submission. Group consultation will help prepare participants for this process. These sessions will be conducted in a small group format where individuals are encouraged to present and receive consultation/supervision on cases where they have been conducting CBT. In addition, there will be an open agenda allowing participants to bring up questions concerning CBT practice and application to client groups not covered in the training. Lastly, individuals wishing to pursue credentialing in CBT through the Academy of Cognitive Behavioral Therapy will have an opportunity to receive advice and information as well as be assisted in preparing for this process.

Group case consultation will be available on seven of the nine days (excluding the first two workshops) for 90 minutes after the didactic workshops. The consultation is provided by certified trainers/consultants of the Academy of Cognitive Behavioral Therapies (ACBT). The consultation experience further facilitates credentialing with the ACBT, which requires the submission of work samples (i.e., a CBT session recording conducted by the applicant as well as a case write-up).

The Academy of Cognitive and Behavioral Therapies (founded as the Academy of Cognitive Therapy by Aaron Beck and others in 1996) is an organization with over 750 members, which credentials or certifies suitably qualified Cognitive Behavioral Therapists. Upon completion of the credentialing process, these individuals receive the designation Diplomat of the Academy of Cognitive and Behavioral Therapies.

The Academy (ACBT) is one of only a few credentialing agencies for cognitive behavioral therapy that evaluates knowledge and ability of applicants from all mental health fields before granting certification. ACT's exacting standards identify clinicians with the necessary training, experience, and knowledge to be highly effective cognitive behavioral therapists. ACBT certification indicates to consumers, potential employers, and other clinicians that the individual is a skilled cognitive therapist.

The benefits of being a Diplomate include:

- Inclusion on the ACBT list of certified cognitive therapists
- Referrals of patients seeking cognitive behavioral therapy through a referral database
- Description of an individual's practices, publications, and presentations on the ACBT website
- Promotion of the effectiveness of cognitive behavioral therapy to insurers, managed care companies, and behavioral healthcare institutions
- Documentation of competence in cognitive behavioral therapy for consumer satisfaction, employment, promotion, or tenure
- Favorable consideration by insurers and managed care panels
- Participation in continuing education programs sponsored by ACBT
- Access to the ACBT Member Listserv which provides a forum for dialogue among ACBT members worldwide

Criteria for Certification

- Applicants must have completed the terminal degree in field and be licensed for independent practice
- A minimum of forty hours of specific education in cognitive behavioral therapy
- At least one year of clinical experience using cognitive behavioral therapy in a clinical setting with a minimum of ten patients
- If applicable, up-to-date malpractice insurance

This ensures proceeding to the second stage, which involves:

1. Submission of a taped session which is rated on the Cognitive Therapy Rating Scale
2. Submission of a case write-up following the guidelines described in the Candidates Handbook on the Academy website

These items will be provided or facilitated by this training. Further details can be found on the Academy website:

www.academyofct.org

PROVIDED BY



CONTENT BY

CBT training and Consultancy, Inc.
and CBT Counseling Centers

ATTEND INDIVIDUAL WORKSHOPS OR ALL 7 OFFERINGS!**SPECIAL BUNDLE RATE FOR THE FULL SERIES**

- \$990.00** Attending all 7 sessions (*a savings of \$270.00*)
- \$900.00** Group Rate (*five or more from the same agency, registering and paying at the same time*)
- \$900.00** MAHEC Employees

SESSION 1**Introduction to the CBT Model, Conceptualization, and Interventions****DATE
CHECK-IN
PROGRAM****Thursday, January 7, 2021**
8:30 am–9:00 am
9:00 am–4:30 pm**\$140.00** **Session Rate****\$110.00** **Group Rate** (*five or more from the same agency, registering and paying at the same time*)**\$110.00** **MAHEC Employees****SESSION 2****CBT for Depressive and Bipolar Disorders****DATE
CHECK-IN
PROGRAM****Friday, January 8, 2021**
8:30 am–9:00 am
9:00 am–4:30 pm**\$140.00** **Session Rate****\$110.00** **Group Rate** (*five or more from the same agency, registering and paying at the same time*)**\$110.00** **MAHEC Employees****SESSION 3****CBT for Anxiety Disorders****DAY 1
CHECK-IN
PROGRAM****Thursday, February 4, 2021**
8:30 am–9:00 am
9:00 am–4:30 pm**DAY 2
CHECK-IN
PROGRAM****Friday, February 5, 2021**
8:30 am–9:00 am
9:00 am–4:30 pm**\$280.00** **Session Rate****\$220.00** **Group Rate** (*five or more from the same agency, registering and paying at the same time*)**\$220.00** **MAHEC Employees****SESSION 4****CBT for Personality Disorders****DAY 1
CHECK-IN
PROGRAM****Thursday, March 4, 2021**
8:30 am–9:00 am
9:00 am–4:30 pm**DAY 2
CHECK-IN
PROGRAM****Friday, March 5, 2021**
8:30 am–9:00 am
9:00 am–4:30 pm**\$280.00** **Session Rate****\$220.00** **Group Rate** (*five or more from the same agency, registering and paying at the same time*)**\$220.00** **MAHEC Employees****OPTIONAL GROUP CONSULTATION***

- Fee:** \$280.00
- Dates:** Thursday, February 4, 2021
Friday, February 5, 2021
Thursday, March 4, 2021
Friday, March 5, 2021
Thursday, April 8, 2021
Friday, April 9, 2021
Wednesday, June 2, 2021
- Program:** 4:35 pm–6:05 pm

*You must register for all seven sessions in the series in order to be eligible for group consultation. If you are interested in group consultation but do not want to attend the entire series, please call John Ludgate at 828-350-1177.

SESSION 5**CBT for Substance Use Disorders****DATE
CHECK-IN
PROGRAM****Thursday, April 8, 2021**
8:30 am–9:00 am
9:00 am–4:30 pm**\$140.00** **Session Rate****\$110.00** **Group Rate** (*five or more from the same agency, registering and paying at the same time*)**\$110.00** **MAHEC Employees****SESSION 6****CBT with Children and Adolescents****DATE
CHECK-IN
PROGRAM****Friday, April 9, 2021**
8:30 am–9:00 am
9:00 am–4:30 pm**\$140.00** **Session Rate****\$110.00** **Group Rate** (*five or more from the same agency, registering and paying at the same time*)**\$110.00** **MAHEC Employees****SESSION 7****CBT for Couples/Relationship Problems****DATE
CHECK-IN
PROGRAM****Wednesday, June 2, 2021**
8:30 am–9:00 am
9:00 am–4:30 pm**\$140.00** **Session Rate****\$110.00** **Group Rate** (*five or more from the same agency, registering and paying at the same time*)**\$110.00** **MAHEC Employees****HAVE A QUESTION?**
Contact the Program PlannerScott Melton, MDiv
scott.melton@mahec.net or 828-257-4402**Special Services**
828-257-4468**REGISTRATION INFORMATION****FAX REGISTRATION****ONLINE REGISTRATION****EMAIL****MAIL**

828-257-4475

828-257-4768

www.mahec.net/cpdregistration@mahec.netMAHEC Registration
121 Hendersonville Road, Asheville, NC 28803

TARGET AUDIENCE

Our target audience includes psychiatrists, psychologists, therapists, and marriage and family therapists seeking advanced training in CBT or criteria needed for certification.

SERIES OBJECTIVES

Upon completion of this series, participants will be able to:

- Describe the cognitive behavioral model of psychological disturbance
- Summarize the evidence base for CBT with several clinical populations
- Conceptualize clinical cases from a cognitive behavioral perspective
- Identify and describe at least four fundamental CBT interventions and skills
- Articulate the formulation and clinical strategy specific go CBT for mood, anxiety, substance use, and personality disorders
- Adapt CBT interventions for couples and children

CREDITS



NAADAC: This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #165445. MAHEC is responsible for all aspects of their programming.



NBCC: MAHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is solely responsible for all aspects of their programs.

Psychologists: MAHEC is recognized by the North Carolina Psychology Board as an approved Provider of Category A Continuing Education for North Carolina Licensed Psychologists.

CEUs: MAHEC designates this live continuing education activity as meeting the criteria for CEUs as established by the National Task Force on the Continuing Education Unit.

Contact Hours: MAHEC designates this live continuing education activity as meeting the criteria for contact hours.

FULL SERIES Credit Designation

MH NAADAC: 54.0
MH NBCC: 54.0
MH Psychologists: 54.0
CEUs: 5.4
Contact Hours: 54.0

SESSIONS 1-2 & 5-7 Credit Designation

MH NAADAC: 6.0
MH NBCC: 6.0
MH Psychologists: 6.0
CEUs: 0.6
Contact Hours: 6.0

SESSIONS 3-4 Credit Designation

MH NAADAC: 12.0
MH NBCC: 12.0
MH Psychologists: 12.0
CEUs: 1.2
Contact Hours: 12.0

GROUP CONSULTATION Credit Designation

MH NAADAC: 10.5
MH NBCC: 10.5
MH Psychologists: 10.5
CEUs: 1.1
Contact Hours: 10.5

FACULTY



R. Trent Codd, III, EdS, is the president and founder of the Cognitive Behavioral Therapy Center of WNC. He specializes in evidence-based practice and has extensive training and experience with several empirically-supported therapies including Beckian Cognitive Therapy and Clinical Behavior Analytic approaches such as Goldiamond's Constructional/Non-linear Functional Analytic Approach, Acceptance and Commitment Therapy (ACT), Functional Analytic Psychotherapy (FAP), and Radically Open Dialectical Behavior Therapy (RO-DBT). He treats a broad range of clinical concerns but has particular interest and specialization in the treatment of disorders of over-control (e.g., chronic depression, Misophonia, etc.) and Obsessive-Compulsive Disorder and OC-Spectrum Disorders which include Tourette's Syndrome, Trichotillomania (hair-pulling disorder) and Excoriation Disorder (chronic skin picking). He works with children, adolescents, and adults. He completed his MA and EdS degrees in mental health counseling at the University of Florida and an internship at UF's Shands hospital inpatient psychiatric unit. He also completed a Certificate of Graduate Study in Alcohol and Drug Studies at USC's School of Public Health and graduate training in Applied Behavior Analysis through the University of North Texas. He trained at the Beck Institute for Cognitive Therapy and Research and is a graduate of the International Obsessive Compulsive Disorder Foundation's and the National Tourette Syndrome Association's Tourette Syndrome Behavior Therapy Training Institutes (BTTIs). Trent is a fellow of the Academy of Cognitive Therapy; a Board Certified Behavior Analyst; and maintains professional membership in the Association for Behavior Analysis International, the Association for Contextual and Behavioral Science, and the Association for Behavioral and Cognitive Therapies. He is the author of *Teaching and Supervising Cognitive Behavioral Therapy and Practice-Based Research: A Guide for Clinicians*.



John Ludgate, PhD, is a licensed psychologist, who has worked as a psychotherapist for almost 30 years. He currently works at the CBT Center of Western North Carolina located in Asheville, NC. He specializes in treating mood, anxiety, relationship, and psychosexual disorders. As well as having an active clinical practice, he is involved in training and supervision in CBT. He obtained a bachelor's degree in psychology from Trinity College, Dublin, a master's degree in clinical psychology from University of Edinburgh in Scotland, and a PhD from Trinity College, Dublin. He trained at the Center for Cognitive Therapy under Dr. Aaron Beck, the founder of cognitive therapy, obtaining a post-doctoral fellowship in cognitive therapy from the University of Pennsylvania in 1986. He subsequently became Assistant Director of Training at Dr. Beck's Center. In the early 1990s, Dr. Ludgate was a Research Clinical Psychologist at the University of Oxford in England and served as a cognitive behavioral therapist in several outcome studies of panic disorder, agoraphobia, social phobia, and hypochondriasis. He subsequently worked as a clinical psychologist in state agencies and private practice. In 1988, he published the book *Maximizing Psychotherapeutic Gains and Preventing Relapse in Emotionally Distressed Clients* and was co-editor with Beck and others of *Cognitive Therapy with Inpatients: Developing a Cognitive Milieu* published in 1990. He published *Cognitive Behavioral Therapy and Relapse Prevention for Depression and Anxiety* in 2009 and *Heal Yourself: A CBT Approach to Reducing Therapist Distress and Increasing Therapeutic Effectiveness* in 2012. In 2014, he co-authored the book *Overcoming Compassion Fatigue: A Practical Resilience Workbook* with Martha Teater. In 2016, he co-edited the book *Teaching and Supervising Cognitive Behavioral Therapy* published by Wiley. With Teresa Grubr, he published the *CBT Couples Toolbox* in 2018. He has written numerous journal articles and book chapters in the field of cognitive behavior therapy for anxiety and depression. He has presented many seminars and workshops on cognitive behavioral approaches, both nationally and internationally. He is a founding fellow of the Academy of Cognitive Therapy and serves on the Credentialing Committee of the Academy.

SESSION 1: JANUARY 7, 2021

Introduction to the CBT Model, Conceptualization, and Interventions

- 8:30–9:00** Webinar Check-in
- 9:00–10:30**
- The Cognitive Behavioral Model and Theory of Psychopathology
 - Beck's Model: Automatic Thoughts, Intermediate Beliefs, and Schemas
 - Cognitive Distortions
- 10:30–10:45** Break
- 10:45–12:00** Content Specificity, Myths about CBT, and Discussion of Other Models
- 12:00–1:00** Lunch Break
- 1:00–3:00** Cognitive Behavioral Conceptualization and Competencies/General Skills
- 3:00–3:15** Break
- 3:15–4:30** Key Cognitive and Behavioral Interventions
- 4:30** Adjourn

Upon completion of this workshop, participants will be able to:

- Describe the cognitive behavioral model of psychological disturbance
- Conceptualize cases from a cognitive behavioral perspective
- Identify the key skills and techniques of CBT

SESSION 2: JANUARY 8, 2021

CBT for Depressive and Bipolar Disorders

- 8:30–9:00** Webinar Check-in
- 9:00–10:30**
- Overview of Psychological Treatments for Depressive and Bipolar Disorders and Their Effectiveness
 - Beck's Model of Depression: Negative Automatic Thoughts/Distortions/Dysfunctional Beliefs in Depression
 - Overview of CBT with Depressed Clients
- 10:30–10:45** Break
- 10:45–12:00** Behavioral and Cognitive Interventions
- 12:00–1:00** Lunch Break
- 1:00–3:00** Mindfulness-Based Cognitive Therapy (MBCT) and Relapse Prevention
- 3:00–3:15** Break
- 3:15–4:30** CBT Interventions for Bipolar Disorder and Assessment and Interventions with Suicidal Clients
- 4:30** Adjourn

Upon completion of this workshop, participants will be able to:

- Articulate the cognitive behavioral model of depression
- Identify and describe at least three clinical procedures with depressed and bipolar clients
- Summarize an assessment and intervention strategy with suicidal clients

SESSION 3: FEBRUARY 4-5, 2021

CBT for Anxiety Disorders

FEBRUARY 4, 2020

- 8:30–9:00** Webinar Check-in
- 9:00–10:30**
- CBT Model of Anxiety
 - Cognitive Content and Processing in Anxiety Disorders
- 10:30–10:45** Break
- 10:45–12:00** Models of Worry and Generalized Anxiety Disorder (GAD): Assessment and Interventions
- 12:00–1:00** Lunch Break
- 1:00–3:00** CBT Model of Panic Disorders: Assessment and Interventions
- 3:00–3:15** Break
- 3:15–4:30** CBT Model of Social Anxiety Disorder: Assessment and Interventions
- 4:30** Adjourn
- 4:35–6:05** CBT Group Consultation (*you must register for all seven sessions in the series in order to be eligible*)
- 6:05** Adjourn

Upon completion of day one, participants will be able to:

- Articulate the cognitive behavioral model of anxiety disorders
- Describe the role of intolerance of uncertainty (IOU) in maintaining GAD and a CBT intervention strategy for IOU
- Summarize interoceptive and in-vivo exposure assessment and intervention procedures for panic disorder
- Describe a cognitive behavioral conceptualization and intervention strategy for Social Anxiety Disorder

FEBRUARY 5, 2020

- 8:30–9:00** Webinar Check-in
- 9:00–10:30** CBT Model for the Maintenance of OCD: Principles of Exposure and Response Prevention (ERP) and Practice
- 10:30–10:45** Break
- 10:45–12:00** Cognitive-Based Alternatives to ERP: Thought-Action Fusion and Intolerance of Uncertainty
- 12:00–1:00** Lunch Break
- 1:00–3:00** CBT Model of PTSD and Cognitive Processing Therapy
- 3:00–3:15** Break
- 3:15–4:30** Trauma-Focused CBT: Prolonged Exposure and Special Issues in the Treatment of PTSD
- 4:30** Adjourn
- 4:35–6:05** CBT Group Consultation (*you must register for all seven sessions in the series in order to be eligible*)
- 6:05** Adjourn

Upon completion of day two, participants will be able to:

- Summarize cognitive behavioral models of OCD and PTSD
- Design exposure procedures for OCD and PTSD
- Describe cognitive interventions for OCD and PTSD
- Identify common issues encountered in providing CBT with OCD and PTSD clients and articulate relevant strategies

SESSION 4: MARCH 4-5, 2021

CBT for Personality Disorders

MARCH 4, 2020

- 8:30–9:00** Webinar Check-in
- 9:00–10:30** Key Issues in Treating PDs: Beck's Model of PDs and Young's Schema Therapy Approach
- 10:30–10:45** Break
- 10:45–12:00** Conceptualization and Interventions for Cluster C Personality Disorders: Techniques for Avoidant
- 12:00–1:00** Lunch Break
- 1:00–3:00** Techniques for Dependent and Obsessive-compulsive Disorders
- 3:00–3:15** Break
- 3:15–4:30** Conceptualizing Histrionic and Narcissistic Personality Disorders and Determining Interventions
- 4:30** Adjourn
- 4:35–6:05** CBT Group Consultation (*you must register for all seven sessions in the series in order to be eligible*)
- 6:05** Adjourn

Upon completion of day one, participants will be able to:

- Describe the cognitive behavioral conceptualization of personality disorders
- Detail an intervention strategy for Avoidant, Dependent, Obsessive-Compulsive, Narcissistic, and Histrionic PDs
- Summarize at least three core CBT interventions for PDs

MARCH 5, 2020

- 8:30–9:00** Webinar Check-in
- 9:00–10:30**
 - Cognitive Behavioral Conceptualization of Borderline Personality Disorder (BPD)
 - Key Beliefs and Cognitive Processes: Interaction of Cognitive, Emotional, and Behavioral Factors
- 10:30–10:45** Break
- 10:45–12:00** CBT and DBT Intervention Strategies
- 12:00–1:00** Lunch Break
- 1:00–3:00** CBT Conceptualization of Antisocial Personality Disorder (APD): Cognitive Biases and Behavioral Factors
- 3:00–3:15** Break
- 3:15–4:30** Strategies and Interventions for APD
- 4:30** Adjourn
- 4:35–6:05** CBT Group Consultation (*you must register for all seven sessions in the series in order to be eligible*)
- 6:05** Adjourn

Upon completion of day two, participants will be able to:

- Conceptualize Borderline Personality Disorder (BPD) and Anti-Social Personality Disorder (APD) from a cognitive behavioral perspective
- Summarize intervention strategies specific to BPD and APD
- Identify key skills missing from BPD and APD repertoires

[CLICK HERE TO REGISTER](#)

SESSION 5: APRIL 8, 2021

CBT for Substance Use Disorders

- 8:30–9:00** Webinar Check-in
- 9:00–10:30** Overview of Cognitive Behavioral Approaches: Motivational Interviewing and Behavioral Couples Therapy
- 10:30–10:45** Break
- 10:45–12:00** Behavioral Self Control, Contingency Management, Behavioral Methods, and Cognitive Behavioral Model
- 12:00–1:00** Lunch Break
- 1:00–3:00** Developing a CBT Treatment Plan and Interventions
- 3:00–3:15** Break
- 3:15–4:30** Mindfulness-based Relapse Prevention
- 4:30** Adjourn
- 4:35–6:05** CBT Group Consultation (*you must register for all seven sessions in the series in order to be eligible*)
- 6:05** Adjourn

Upon completion of this workshop, participants will be able to:

- Implement the cognitive behavioral model of substance use
- Describe at least three CBT interventions for substance use clients
- List evidence-based models for SA
- Discuss the interaction of MI and CBT in the care of substance use clients

SESSION 6: APRIL 9, 2021

CBT with Children and Adolescents

- 8:30–9:00** Webinar Check-in
- 9:00–10:30** Overview of Child CBT Evolution: Differences and Adaptations in Child and Adult CBT Models
- 10:30–10:45** Break
- 10:45–12:00** CBT Assessment and Treatment Planning with Children and Teens
- 12:00–1:00** Lunch Break
- 1:00–3:00** Overview of CBT Interventions: Techniques for Depressed and Anxious Children and Teens
- 3:00–3:15** Break
- 3:15–4:30** CBT for Oppositional Defiant, Conduct Disorders, Anger Issues, and Evidence-based Treatments for ADHD
- 4:30** Adjourn
- 4:35–6:05** CBT Group Consultation (*you must register for all seven sessions in the series in order to be eligible*)
- 6:05** Adjourn

Upon completion of this workshop, participants will be able to:

- Summarize the adaptations in style, process, and interventions of standard CBT for children
- List at least three CBT interventions for children and adolescents with emotional problems
- Describe a CBT approach for child and adolescent problem behavior

SESSION 7: JUNE 2, 2021

CBT for Couples/Relationship Problems

8:30–9:00	Webinar Check-in
9:00–10:30	Overview of Cognitive Behavioral Model and Approaches to Couple and Family Problems
10:30–10:45	Break
10:45–12:00	Steps in Conducting Couple CBT: Assessment, Identification of Variables, and Treatment Planning
12:00–1:00	Lunch Break
1:00–3:00	Cognitive and Behavioral Techniques: Strategies from CBT-related Fields (ACT, DBT, and Positive Psychology)
3:00–3:15	Break
3:15–4:30	CBT Model of Family Problems & Family Interventions
4:30	Adjourn
4:35–6:05	CBT Group Consultation (<i>you must register for all seven sessions in the series in order to be eligible</i>)
6:05	Adjourn

Upon completion of this workshop, participants will be able to:

- Summarize the cognitive behavioral model of relationship disturbance
- Assess couple or family problems from a cognitive behavioral perspective
- Identify and describe at least three CBT couple or family interventions

MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

REGISTRATION

Aforementioned session and series fees include administrative costs and educational materials.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations that are received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than 2 full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)



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STARTING JANUARY 7, 2021

ATTEND VIRTUALLY VIA LIVE WEBINAR

By registering for this series or sessions therein, you are granting permission for your contact information to be shared with CBT training and Consultancy, Inc. and CBT Counseling Centers.

Updated contact information.

NAME _____

CREDENTIALS _____

SOCIAL SECURITY # XXX-XX- ____ ____ ____ (last 4 digits required)

OCCUPATION _____

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HOME ADDRESS _____

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HOME COUNTY _____

HOME # _____ **WORK #** _____

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DEPARTMENT _____

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Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed Credit card information provided

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SIGNATURE _____

Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

Send completed registration form to:
MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803

Event #63712
Fax: 828-257-4768

SESSION 1 (THURSDAY, JANUARY 7, 2021)

Program fee: \$140.00 \$110.00 for MAHEC Employees
 \$110.00 for Groups (five or more from the same agency, registering & paying at the same time)

SESSION 2 (FRIDAY, JANUARY 8, 2021)

Program fee: \$140.00 \$110.00 for MAHEC Employees
 \$110.00 for Groups (five or more from the same agency, registering & paying at the same time)

SESSION 3 (THURSDAY-FRIDAY, FEBRUARY 4-5, 2021)

Program fee: \$280.00 \$220.00 for MAHEC Employees
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SESSION 4 (THURSDAY-FRIDAY, MARCH 4-5, 2021)

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 \$220.00 for Groups (five or more from the same agency, registering & paying at the same time)

SESSION 5 (THURSDAY, APRIL 8, 2021)

Program fee: \$140.00 \$110.00 for MAHEC Employees
 \$110.00 for Groups (five or more from the same agency, registering & paying at the same time)

SESSION 6 (FRIDAY, APRIL 9, 2021)

Program fee: \$140.00 \$110.00 for MAHEC Employees
 \$110.00 for Groups (five or more from the same agency, registering & paying at the same time)

SESSION 7 (WEDNESDAY, JUNE 2, 2021)

Program fee: \$140.00 \$110.00 for MAHEC Employees
 \$110.00 for Groups (five or more from the same agency, registering & paying at the same time)

SPECIAL BUNDLE RATE FOR THE FULL SERIES

Full series: \$990.00 \$900.00 for MAHEC Employees
 \$900.00 for Groups (five or more from the same agency, registering & paying at the same time)

GROUP CONSULTATION (directly following sessions 3-7)

You must register for the full series in order to attend group consultation.

Consultation fee: \$280.00