

Only \$175 for a three-day certification seminar!

Rational Living Therapy

Level-Three Certification Seminar

October 13 - 15, 2010

Rational Living Therapy

Level-Four Certification Seminar

December 8 - 10, 2010

Presented by....

Aldo R. Pucci, Psy.D.

ALDO R. PUCCI, Psy.D., DCBT, is president of the National Association of Cognitive-Behavioral Therapists (www.nacbt.org) and founder of the Rational Living Therapy Institute (www.rational-living-therapy.org). Dr. Pucci developed the very systematic, comprehensive cognitive-behavioral approach known as Rational Living Therapy. He has trained thousands of mental health professionals throughout the US in his technique.

Dr. Pucci's Rational Living Therapy approach is the main therapeutic technique for the national adolescent treatment program, VisionQuest. Additionally, the Centers for Disease Control and Prevention selected Rational Living Therapy for its smoking cessation program. He is the author of two books, *The Client's Guide to Cognitive-Behavioral Therapy* and *Feel the Way You Want to Feel ... No Matter What!* He has been interviewed for articles in many publications, including the *Oprah* magazine and *Money* magazine.

Dr. Pucci obtained a B.A. in psychology from West Liberty State College, an M.A. in clinical psychology at Radford University and completed his graduate training at Virginia Tech, California Southern, and the Graduate Theological Foundation, where he obtained his Psy.D. degree.

Sponsored by the...

**National Association of
Cognitive-Behavioral Therapists**

Approved continuing education provider:

National Board for Certified Counselors
Ohio Counselor & Social Worker Board
National Ass. of Alcohol & Drug Abuse Counselors
Pennsylvania. SW, MFT, and Counselors
Pennsylvania State Board of Psychology

Pittsburgh, PA

20 Miles West of the Pittsburgh International Airport

RLT Institute / NACBT Headquarters

203 Three Springs Drive, Suite 4

Weirton, WV 26062

1-800-853-1135

Rational Living Therapy Level-Three Certification Seminar October 13-15, 2010



Earn 18 Contact Hours!

Prerequisites: Graduate Degree Mental Health Field or Current Graduate Student in Mental Health Field and Completion of RLT Levels One and Two

Rational Living Therapy’s (RLT) approach to relationship therapy is unique and consists of two phases – the indirect and direct treatment of the relationship. You will learn the RLT step-by-step approach to this effective relationship therapy method. This seminar will also teach you how we approach the treatment of children via our systematic RLT method – from assessment to termination. You will also learn how to help clients improve and make use their motivation to achieve their goals. Finally, you will learn our comprehensive approach to the treatment of substance misuse, including natural health approaches to minimize / eliminate physiological reasons for substance misuse.

Our Level-Three certification seminar will be a very enlightening and rewarding experience for you.

What you will learn...

<u>Day One</u>	<u>Day Two</u>	<u>Day Three</u>
<p>Rational Living Therapy Approach to Relationship Therapy</p> <ul style="list-style-type: none"> * The Theory of RLT Relationship Therapy * RLT Relationship Assessment Techniques * Orienting the Partners to the Therapy Process * Teaching the Partners Rational Self-Counseling to Help them To Calm Down * Teaching the Partners Why They Are Not Getting Along Well * Helping the Partners Overcome <i>Their</i> Reasons for Conflict * Irrational Beliefs That Result in Conflict and How to Correct Them * Self-Help Assignments for the Partners 	<p>RLT Approach to Child Therapy & Motivational Enhancement</p> <ul style="list-style-type: none"> * The Differences Between Adult / Adolescent Therapy and Child Therapy * Step-by-Step Approach from Assessment to Therapy to Termination * How to Engage and Involve the Child’s Parents / Guardians * How to Teach Children the “Cognitive Model” * How to Dispute Children’s Thoughts * Engaging the Child to Cooperate in Therapy * Motivational Enhancement Techniques 	<p>RLT Approach to Substance Misuse</p> <ul style="list-style-type: none"> * How to Assess the Client’s Motivation for Misusing the Substance(s) * How to Assess and Enhance The Client’s Motivation to Stop Misusing the Substance * Step-by-Step RLT Therapeutic Process * Irrational Thoughts That Drive Irrational Drinking / Drugging * Excellent Behavioral Techniques to Eliminate Irrational Substance Use * How to Maintain Results * Considerations for “Personality Disorders”

Seminars Information

Seminar Daily Schedule: For both seminars, Day-One sign-in / registration is from 7:30 a.m. to 8:30 a.m. A continental breakfast is provided during the morning session each day. The schedule for each day is:

8:30 a.m. -- Seminar Begins
10:00 a.m. -- Morning Break
12:00 p.m. - 1:00 p.m. -- Lunch (*on own*)
2:00 p.m. -- Afternoon Break
4:00 p.m. -- Adjourn

Continuing Education: The National Association of Cognitive-Behavioral Therapists is an approved provider of continuing education credits for the **National Board of Certified Counselors** (NBCC) (Provider Number: 5742). The NACBT is approved by the **Ohio Counselor and Social Worker Board** to provide CE credits for Ohio Counselors and Social Workers (Provide Number: RCS070805).

The NACBT is also an approved CE provider for the **National Association of Alcohol & Drug Abuse Counselors** (NAADAC), as well as the **Pennsylvania Board of Social Workers, MFT, and Counselors**, and the **Pennsylvania State Board of Psychology**. The NACBT maintains responsibility for all programs offered.

Please call the NACBT at 1-800-853-1135 to learn about the status of these applications.

Hotel Discounts: The NACBT has made arrangements with the **Holiday Inn of Weirton** (\$80 per night plus tax – 1-304-723-5522) and the **Baymont Inn & Suites of Weirton** (\$80 per night plus tax -- 304-723-0050). *Be certain to ask for the NACBT discount.* Rooms have *not* been reserved for the seminar, so call in advance to make certain that you obtain a room.

Cancellations: Requests must be made in writing. Refunds will be given on requests postmarked no later than 14 days prior to the seminar. The NACBT will issue a credit toward future seminars / workshops for requests postmarked within 14 days of the conference. A \$25 per person processing fee will be deducted from all cancellations. If the NACBT cancels the seminar, tuition will be refunded in full. The NACBT assumes no responsibility for any lost income, travel expense, or accommodations expense associated with the cancellation of the conference.

Seminar Location: The Rational Living Therapy – Level-Three Certification Seminar and the Rational Living Therapy -- Level-Four Certification Seminar will be held at:

Rational Living Therapy Institute / NACBT Headquarters
203 Three Springs Drive, Suite 4
Weirton, WV 26062

Weirton, WV is located in the Northern Panhandle of West Virginia. **It is 20 miles west of the Pittsburgh International Airport.**

About the National Association of Cognitive-Behavioral Therapists

The National Association of Cognitive-Behavioral Therapists (NACBT) is the premier organization dedicated solely to the promotion, training, and practice of cognitive-behavioral psychotherapy.

For more information, visit <http://www.nacbt.org/rlt.htm>

Rational Living Therapy Level-Four Certification Seminar December 8-10, 2010



Earn 18 Contact Hours!

Prerequisite: Graduate Degree in Mental Health Field or Current Graduate Student in Mental Health Field
Successful Completion of the Rational Living Therapy – Level-Three Certification Program

The Rational Living Therapy Level-Four training brings everything together from Levels One-Three. You will use your knowledge acquired from the previous training levels by applying it to case examples from assessment to termination.

You will also learn about the top forty “shoulds” and “musts” that greatly disturb people and how to dispute them. You will have the opportunity to practice the Systematic Approach to Thought Acquisition (SATA) technique for stubborn thoughts. Finally, you will have the opportunity to practice developing “reconstructed” and “modified” rational replacement thoughts for a variety of irrational thoughts. *All attendees are required to participate throughout the training. Successful completion requires participation.*

Day One	Day Two	Day Three
<p>Complete Review of RLT Process</p> <ul style="list-style-type: none"> * From Assessment to Therapy to Termination. * Dr. Pucci will answer questions concerning the RLT therapeutic process, as well as resistance issues. <p>How to Recognize the Top Forty “Shoulds” and “Musts” That</p> <ul style="list-style-type: none"> * How to convey to clients why these “shoulds” are not based on fact. <p>Review of How to Develop “Reconstructed” and “Modified” Rational Replacement Thoughts</p> <p>Review of the Systematic Approach to Thought Acquisition (SATA) Technique</p>	<p>Practice Developing Reconstructed and Modified Thoughts</p> <p>Practice Utilizing the SATA Technique</p> <p>Case Presentation and Application</p> <ul style="list-style-type: none"> * Each Attendee will present at least one case example to which we will apply the therapeutic process from assessment to termination. * Dr. Pucci and attendees will provide feedback to the presenting attendee. Dr. Pucci will assess attendees’ feedback. 	<p>Case Presentation and Application</p> <ul style="list-style-type: none"> * Each Attendee will present at least one case example to which we will apply the therapeutic process from assessment to termination. * Dr. Pucci and attendees will provide feedback to the presenting attendee. Dr. Pucci will assess attendees’ feedback.

Registration Form

Register Today One of Four Ways:



- Phone -

(800) 853-1135



- Fax -

(304) 723-3950



- Mail -

NACBT
P.O. Box 2195
Weirton, WV 26062



- Online -

<http://nacbt.americommerce.com>

Please select the seminar(s) you wish to attend:

RLT Level-Three

October 13-15, 2010

RLT Level-Four

December 8-10, 2010

Registrant Information

If Registering as a group, list additional attendees:

Registrant Name (As it will appear on certificate)

Company

Street Address

City **State** **Zip**

Phone:

Continuing Education Seeking

___ National Board for Certified Counselors ___ NAADAC

___ Ohio SW / Counselor ___ PA SW, Counselor, MFT

___ PA Psychologist

Method of Payment

Amount \$ _____

___ **Check Enclosed (Payable to NACBT)**

Registration Fee

Only \$175 for Each Seminar

Because of the very low fee for our trainings, we do not offer discounts of any kind.

Credit Card ___ VISA/MC ___ AmEx ___ Discover

Credit Card Number

Exp. Date

Name on Card

Authorized Signature

NACBT

P.O. Box 2195 Weirton, WV 26062

**Cognitive-Behavioral Therapy
Certification Seminars
Only \$175 Each!**

CBT Level –Three Certification
October 13-15, 2010
18 CE Contact Hours

CBT Level –Four Certification
December 8-10, 2010
18 CE Contact Hours

PSRT STD
U.S. Postage
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Weirton, WV
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Only \$175 for a three-day certification seminar!

Cognitive-Behavioral Therapy

Level-Three Certification

October 13 - 15, 2010

Cognitive-Behavioral Therapy

Level-Four Certification

December 8-10, 2010

Presented by

Aldo R. Pucci, Psy.D.

Learn a very *systematic* approach to cognitive-behavioral therapy that helps you and the client know where you are in the process at any given point. Dr. Aldo Pucci has trained thousands of mental health professionals in his excellent approach to cognitive-behavioral therapy. Learn from an expert in CBT.

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