

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

# Rational Living Therapy

Level-One Certification Seminar

October 21 - 23, 2009

# Rational Living Therapy

Level-Two Certification Seminar

December 2 - 4, 2009

*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](http://www.nacbt.org)) and founder of the Rational Living Therapy Institute ([www.rational-living-therapy.org](http://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-One Certification Seminar

### October 21-23, 2009



Earn 18 Contact Hours!

**Prerequisites:** Graduate Degree Mental Health Field or Current Graduate Student in Mental Health Field

**Question:** What is Rational Living Therapy?

**Answer:** Rational Living Therapy (RLT) is a very instructive, systematic form of cognitive-behavioral psychotherapy. RLT is based on Rational Emotive Behavior Therapy (REBT), Rational Behavior Therapy (RBT), Cognitive Therapy (Beck), Neuro-linguistic Programming, Hypnosis Theory and Therapy (Preston), research findings in perception, linguistics, brain functioning, operant conditioning, classical conditioning, social learning, and general semantics.

*RLT's emphasis on methods of persuasion makes RLT very powerful, especially with those "hard-to-reach" and "hard-headed" clients! For a complete description of Rational Living Therapy, visit <http://www.rational-living-therapy.org>*

What you will learn...

<u>Day One</u>	<u>Day Two</u>	<u>Day Three</u>
<b>Introduction to Rational Living Therapy</b>	<b>Applying RLT to Difficult &amp; Challenging Clients</b>	<b>Application of RLT to Specific Disorders</b>
<ul style="list-style-type: none"> <li>* Rational Living Therapy Theory</li> <li>- Theory of Thought Acquisition</li> <li>- Theory of Emotional Disturbance</li> <li>* RLT Assessment Techniques</li> <li>* Conversational Hypnosis</li> <li>Techniques to Indirectly Suggest Success</li> <li>* ABC's of Emotions</li> <li>* Reflexive Thoughts</li> <li>* Rational Questions</li> <li>* Disputing Techniques</li> <li>* Common Mental Mistakes</li> <li>* Stages Emotional Re-Education</li> <li>* Rational Action Planner</li> <li>* Rational Emotive Hypnotherapy</li> <li>* Practicing Techniques</li> <li>* How to End Therapy</li> <li>* How to Encourage Long-Term Results</li> </ul>	<ul style="list-style-type: none"> <li>* In-depth presentation of over twenty reasons people have difficulty benefitting from therapy or resist change, including:               <ul style="list-style-type: none"> <li>- Fear of Disclosure / Shame</li> <li>- Symptom Stress</li> <li>- Hopelessness</li> <li>- Suppression</li> <li>- Reactance / Rebelliousness</li> </ul> </li> <li>* How to Identify Your Clients' Reasons for Resisting or Having Difficulty Benefitting from Psychotherapy and How to Help Them Overcome Them.</li> <li>* How to Help Clients Identify their Reasons for Resistance</li> <li>* Advanced persuasive techniques to help clients at least consider adopting new, rational thoughts.</li> </ul>	<ul style="list-style-type: none"> <li>* An introduction to the Application of Rational Living Therapy to a variety of common emotional / behavioral problems, including:               <ul style="list-style-type: none"> <li>- Depression - Anxiety - Anger</li> <li>- Schizophrenia</li> <li>- Bipolar Disorder</li> <li>- Guilt - Low Self-Esteem</li> <li>- Compulsive Behavior</li> <li>- Drug / Alcohol Abuse</li> </ul> </li> <li>* Advanced Cognitive and Behavioral Techniques</li> <li>Attendees will engage in practice sessions and will be provided feedback from the instructor.</li> </ul>

# 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 One Certification Seminar and the Rational Living Therapy -- Level-Two 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-Two Certification Seminar

### December 2-4, 2009



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-One Certification Program

The Rational Living Therapy Level-Two training emphasizes the RLT approach to “personality disorders.” The RLT approach demystifies the concept of the personality disorder and teaches attendees why the common view that many mental health professionals take of them is very problematic.

Attendees will learn a very straightforward, yet powerful approach to helping people overcome these life-long patterns of thinking, feeling, and behaving.

Attendees will also learn advanced techniques for identifying and correcting mistaken underlying assumptions, as well as advanced techniques for helping people to overcome problems with depression and anxiety.

<b>Day One</b>	<b>Day Two</b>	<b>Day Three</b>
<p><b>Review of RLT Process</b></p> <ul style="list-style-type: none"> <li>* Review of the RLT Process attendees learned during the Level-One Training. Correction of any problems attendees might have experienced in implementing the RLT approach.</li> </ul> <p><b>Advanced Underlying Assumption Correction</b></p> <ul style="list-style-type: none"> <li>* Assessment Techniques</li> <li>* Assumption Correction</li> <li>* Developing “Ideal” and “Less Ideal” Replacement Assumptions</li> </ul> <p><b>RLT Treatment of “Personality Disorders”</b></p> <ul style="list-style-type: none"> <li>* Stages of Treatment</li> <li>* Engagement techniques to encourage the client to be involved in treatment.</li> </ul>	<p><b>RLT Treatment of “Personality Disorders”</b></p> <ul style="list-style-type: none"> <li>* Pattern Analysis Techniques</li> <li>* Underlying Assumptions that are characteristic of the various “personality disorders”</li> <li>* Pattern Change Techniques</li> <li>* Pattern Maintenance</li> <li>* Termination and Relapse Prevention</li> </ul> <p><b>Advanced Disputing / Countering Techniques</b></p> <ul style="list-style-type: none"> <li>* Soft, Hard, and Objective Techniques</li> </ul> <p>Attendees will learn a variety of advanced techniques to encourage cognitive change, therefore creating change in emotions and behavior.</p>	<p><b>Advanced Understanding of Logical Fallacies</b></p> <ul style="list-style-type: none"> <li>* Attendees will learn how to recognize and correct scientific, pseudoscientific, logical, and psychological problems in thinking.</li> </ul> <p><b>Mood Disorders Treatment</b></p> <p>Attendees will learn advanced RLT techniques to help clients overcome problems with depression.</p> <p><b>Anxiety Disorders Treatment</b></p> <p>Attendees will learn advanced techniques to help clients overcome anxiety, phobias, panic, agoraphobia, and obsessive-compulsive disorder.</p>

# 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-One**

October 21-23, 2009

**RLT Level-Two**

December 2-4, 2009

## 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:**

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### 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**

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**Name on Card**

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**Authorized Signature**

**NACBT**

P.O. Box 2195 Weirton, WV 26062

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

**CBT Level –One Certification**  
October 21-23, 2009  
18 CE Contact Hours

**CBT Level –Two Certification**  
December 2-4, 2009  
18 CE Contact Hours

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

**Cognitive-Behavioral Therapy**

Level-One Certification

October 21 - 23, 2009

**Cognitive-Behavioral Therapy**

Level-Two Certification

December 2 - 4, 2009

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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