



Present
Continuing Education for
Psychologists, M.F.T.'s, L.C.S.W.'s, and
Nurses
2008-2009

Acceptance and Commitment Therapy

Saturday, November 1, 2008, 9:00 a.m. to 4:00 p.m.

Instructor: Robyn Walser, Ph.D.

Description: Acceptance and Commitment Therapy (ACT) is a new model of behavioral treatment that emphasizes acceptance of internal experience while maintaining a focus on positive behavior change related to personal values.

Learn:

- How maladaptive avoidance of internal experiences is associated with many problems in life functioning
- How acceptance and mindfulness can promote positive functioning.
- How to help clients make powerful life enhancing choices.
- How ACT techniques are broadly useful for intervening with multi-problem patients dealing with issues such as anxiety, substance abuse, depression, and PTSD.
- A basic understanding of ACT skills combined with personal experiences that will guide application of the therapy.

Location: Albany Senior Center, 846 Masonic Avenue, Albany

Credits: 6 pending

Overview of Dialectical Behavioral Therapy

Friday, November 21, 2008, 9:00 a.m. to 5:00 p.m.

Instructor: Deborah Mitchell, Ph.D. & Mark Rosenthal, LCSW

Description: This program will provide an introduction to Dialectical Behavioral Therapy as well as identify goals and commitment strategies used in DBT. Target behaviors, stages of treatment and treatment hierarchy of DBT will be discussed. Additionally, the core dialectics of DBT and the core dialectic of acceptance and change will be examined. There will also be a brief introduction to the four skills training modules taught in DBT: Mindfulness, Distress Tolerance, Interpersonal Effectiveness and Emotional Regulation.

Location: Lake Merritt United Methodist Church, 1330 Lakeshore Ave., Oakland

Credits: 7 pending

Enhancing Clinical Expertise: Getting Maximum Improvement from Evidence Based Practices with Real World Clients

**Saturday, December 13, 2008, 1:00 p.m. to
4:00 p.m.**

Instructor: Cannon Thomas, Ph.D.

Description: In this talk, we will explore the research from cognitive psychology on the development of expertise across a wide range of domains of human achievement. This research reveals a set of common principles that show us how we can develop expertise as a field and as individual clinicians. We will particularly discuss how these principles can be applied to optimizing outcomes in the practice of evidence based treatments.
Location: Albany Senior Center, 846 Masonic Avenue, Albany
Credits: 3 pending

Motivational Interviewing and Harm Reduction in the Treatment of Dual Disorders

**Friday, January 23, 2009, 9:00 a.m. to
12:00 p.m.**

Instructor: Matthew Tierney, N.P., C.N.S. (UCSF Department of Psychiatry)

Description: This course involves an overview of "dual disorders"; that is: substance use disorders co-occurring simultaneously with other mental health disorders. Emphasis is placed on describing the prevalence of co-occurring disorders, recommended screening, and the promotion of integrated treatment, with a strong emphasis on the therapeutic modality of Motivational Interviewing.

Location: Lake Merritt United Methodist Church, 1330 Lakeshore Ave., Oakland

Credits: 3 pending

Diagnosis and Treatment of Asperger's and other Autism Spectrum Disorders

**Saturday, February 7, 2009, 10:00 a.m. to
4:00 p.m.**

Instructor: Robert Hendren, D.O. (President of AACAP, Director of M.I.N.D. Institute, Chief of C/A Psychiatry at UC Davis medical Center)

Description: This workshop will describe new research that helps us understand Autism Spectrum Disorders, how to diagnose it and related disorders, and review current treatments and the evidence for their effectiveness. Primary emphasis will be on High Functioning Autism and Asperger's disorder.

Location: Lake Merritt United Methodist Church, 1330 Lakeshore Ave., Oakland

Credits: 5 pending

Special Series Co-Sponsored by Survivors International

Saturday, March 7, 2009, 9:00 a.m. to 12:00 p.m.

Instructors: Jed Sekoff, Ph.D. and Harvey Peskin, Ph.D.

Description: Dr. Sekoff will be presenting "The body silences, the body speaks: Psyche-soma in traumatic experience" and Dr. Peskin will be presenting "Man is a wolf to man: disorders of dehumanization in psychotherapy".

Location: Lake Merritt United Methodist Church, 1330 Lakeshore Ave., Oakland

Credits: 3 APA Credit pending

Case Formulation and Progress Monitoring: Hands on Solutions

Saturday, April 25, 2009, 10:00 a.m. to
1:00 p.m.

Instructor: Jacqueline B. Persons, Ph.D. & Janie J. Hong, Ph.D.

Description: This workshop will identify strategies to help clinicians arrive at a conceptual understanding of individuals' presenting problems as a means of individualizing evidence-based practices to develop effective treatment plans. The use of patient self-monitoring techniques also will be addressed, with an emphasis on enhancing treatment outcomes.

Location: Lake Merritt United Methodist Church, 1330 Lakeshore Ave., Oakland

Credits: 3 pending

TO REGISTER: Please return this completed form to The Wright Institute, CE Program Registration, 2728 Durant Ave., Berkeley, CA 94704 ~ Or contact Brenda Padilla at (510) 841-9230 x172 or e-mail ceprograms@wrightinst.edu.

Name _____

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Please check one:

- General Registration
 Alameda County Psychological Association Member
 Student/Trainee
 Wright Institute Staff or Collaborative Practica Site Personnel
 Other:

Please check the event(s) you will be attending and circle appropriate pre-registration fees:

	WI Faculty/Sup/Staff	ACPA	Student	General
<input type="checkbox"/> Walser \$150	Free	\$120		\$60
<input type="checkbox"/> Rosenthal/Mitchell \$175	Free	\$140		\$70
<input type="checkbox"/> Thomas	Free	\$60	\$30	\$75
<input type="checkbox"/> Tierney	Free	\$60	\$30	\$75
<input type="checkbox"/> Hendren	Free	\$100	\$50	\$125
<input type="checkbox"/> Sekoff/Peskin	Free	\$60	\$30	\$75
<input type="checkbox"/> Persons/Hong	Free	\$60	\$30	\$75

Total fee enclosed: _____

(Mail checks payable to The Wright Institute and send to:
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