

Meet Your Speaker

Daniel J. Moran, Ph.D., BCBA-D, was an early adopter of Acceptance and Commitment Therapy, starting his ACT training in 1994. He co-authored the first case conceptualization manual for Acceptance and Commitment Therapy entitled *ACT in Practice* (New Harbinger), and served on the first ACT Training committee. He is a recognized ACT Trainer by the Association for Contextual Behavioral Sciences and was elected to that organization's Board of Directors. He was the co-chair of the ACT Summer Institute in 2008 and assisted in the roll-out of the utilization of ACT with the Veterans Administration.

D.J.'s engaging training style has led to him being an invited keynote speaker for many events in the last decade. He has also been featured on The Oprah Winfrey Network, TLC, and The Discover Channel, discussing the treatment of anxiety disorders, and has published several articles and book chapters including publications with CBT-pioneer Albert Ellis, and ACT-pioneer Steven Hayes.

D.J. founded the MidAmerican Psychological Institute, a clinic in Chicagoland, and continues to supervise therapists and treat patients in that organization. His passion is for applying the ACT principles in important areas outside of the clinic, such as the boardroom or construction sites. He established Pickslyde Consulting in order to bring mindfulness and value-directed commitment skills to the workplace in order to improve safety, innovation, and leadership. D.J. has utilized ACT in work implementations and clinical training sites on six continents and all around the United States.

"Dr. Moran's trainings are one of our most highly rated and well-attended programs presented by invited speakers. He has a unique ability to connect with participants in a clear and engaging style."

Kristene A. Doyle, Ph.D., Director, Albert Ellis Institute

"I've seen Dr. D.J.'s workshops several times. I keep coming back to learn from him because he is one of the most interesting and informative teachers I have ever had, and I always use what I learn when I go back to work at my clinic."

Rosemarie L. – St. Louis, MO

"The workshop was amazing. The day flew by because it was so enjoyable, but the added bonus is that I feel I'm going to be able to help my clients much better after this workshop."

– James M. – NYC, NY

Conference Target Audience:

Psychologists • Counselors • Social Workers • Psychotherapists • Case Managers
Marriage & Family Therapists • Nurses • Addiction Counselors • Other Mental Health Professionals

Seminar on CD or DVD Package:

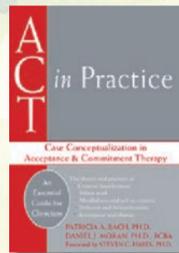
You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CEs for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

Live Seminar Schedule (both days):

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (on your own)
4:00 Program ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

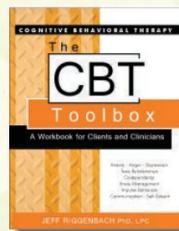
Save by including these books with seminar registration!



ACT in Practice: Case Conceptualization in Acceptance & Commitment Therapy

By Daniel J. Moran, Ph.D., BCBA-D

ACT in Practice offers an introduction to ACT, an overview of its impact, and a brief introduction to the six core processes of ACT treatment—the six points of the hexaflex model and its pathological alter ego, the so-called inflexahex. It describes how to accomplish case conceptualizations in general and offers précis of the literature that establish the importance and value of case conceptualization. This guide also offers possible alternative case conceptualization for cases from different therapeutic traditions, a great help to therapists who come from a more traditional CBT background. Exercises throughout help you to evaluate the information you have just learned so that you may effectively integrate ACT into your practice.



The CBT Toolbox: A Workbook for Clients and Clinicians

By Jeff Rigenbach, Ph.D., LPC

Theoretically sound, yet practical and easy to use, this resource guides you through evidence based exercises. Not a "one strategy fits all" book or approach; it integrates research with practical application and exercises. Tools for depression, anxiety, impulsive and destructive behaviors, problem solving, toxic relationships, stress management and more.

Hassle-Free Cancellation Policy:

If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 per day cancel fee. Substitutions are permitted at any time.

More info and resources at
www.pesi.com/bookstore

Live Seminar Continuing Education Information

Credits listed below are for full attendance at the live event only. If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cespi@pesi.com or 800-844-8260 before the event. Full attendance is required to receive full credit. Partial credit may be awarded if your board allows. Please check approvals below for full attendance requirements. At the conclusion of the seminar, each qualified attendee will be handed a certificate of attendance.

Information obtained in this course should be used within your scope of practice.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, MEDS-PDN, Psychotherapy Networker, HealthEd and Ed4Nurses.

COUNSELORS: PESI, Inc. has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5637. Programs that do not qualify for NBCC credit are clearly identified. PESI, Inc. is solely responsible for all aspects of the programs. This course qualifies for 6.5 clock hours per day OR 13.0 clock hours for entire conference.

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2014-January 27, 2017. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) per day OR 12.5 (Clinical) continuing education clock hours for entire conference education clock hours in participating in this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

PSYCHOLOGISTS: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 6.25 hours of continuing education credit per day OR 12.5 hours of continuing education credit for entire conference. Full attendance is required; no partial credits will be offered for partial attendance.

MARRIAGE AND FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction per day OR 760 minutes of continuing education instruction for entire conference. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

ADDICTION COUNSELORS: PESI, Inc. is an approved provider of continuing education by the National Association of Alcoholism & Drug Abuse Counselors (NAADAC), provider #: 00131. Full attendance is required; no partial credit will be awarded for partial attendance. This course qualifies for 7.5 contact hours per day OR 15.0 contact hours for entire conference.

NURSES/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This activity meets the criteria for a formally approved American Nurses Credentialing Center (ANCC) Activity PESI, Inc. is an approved provider by the American Psychological Association, which is recognized by the ANCC for behavioral health related activities. Full attendance is required; no partial credit will be awarded for partial attendance.

This activity qualifies for 6.25 contact hours per day OR 12.5 contact hours for entire conference.

HAWAII DRUG AND ALCOHOL ABUSE COUNSELORS: This course has been submitted to the Hawaii Alcohol and Drug Abuse Division for review. Credit is pending.

OTHER PROFESSIONS: This seminar qualifies for 6.25 continuing education clock hours per day OR 12.5 continuing education clock hours for entire conference as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

★★★★ **Guarantee**

Your satisfaction is our goal — and our guarantee! If you are not satisfied with this seminar, we'll make it right.

Can't Make It? NO WORRIES!

Order the Seminar on DVD

AND WATCH IT

HOME — OR — OFFICE



www.pesi.com/bookstore



Earn CE where you work! Bring this training & many others to your facility!

www.pesi.com/inhouse

38046

NON-PROFIT ORG
US POSTAGE PAID
EAU CLAIRE WI
PERMIT NO 32729

PESI
P.O. Box 1000
Eau Claire, WI 54702
A Division of PESI, Inc.

CBT

Cognitive Behavioral
Therapy Techniques
For Everyday Clinical Practice

Monday, October 12th, 2015

HOARDING DISORDER

Evidence-Based Strategies for
Diagnosis and Treatment

Tuesday, October 13th, 2015

Honolulu, HI



www.pesi.com

Save \$60 Instantly — Attend both days

CBT

Cognitive Behavioral
Therapy Techniques
For Everyday Clinical
Practice

Honolulu, HI

New Cognitive Behavioral Approaches

Apply CBT Skills to Anxiety, Depression, Anger,
Trauma, PTSD and more

Top Strategies for Emotional Regulation

Best of Motivational Interviewing and
Motivational Enhancement

Monday, October 12th, 2015

HOARDING DISORDER

Evidence-Based
Strategies for
Diagnosis and Treatment

Conduct a safe home visit

Effectively treat hoarding with lasting results

Customized treatment strategies

Tuesday, October 13th, 2015



A NON-PROFIT ORGANIZATION
CONNECTING KNOWLEDGE WITH NEED SINCE 1979
www.pesi.com

Day 1 CBT

Cognitive Behavioral Therapy Techniques For Everyday Clinical Practice

In a few short hours, you can easily solve the age-old question of finding practical ways to integrate evidence-based therapies into everyday clinical practice with clients.

Join expert Dr. Daniel J. Moran for a day chock-full of practical Cognitive Behavioral Therapy techniques, focusing on how to treat clients by challenging and replacing automatic negative thoughts, core beliefs and self-defeating behaviors. Case studies, interactive discussions, role plays, handouts and worksheets will be utilized in this enjoyable seminar that features cutting-edge skills to improve and enhance your understanding of CBT -- and help your clients live more enjoyable and worthwhile lives.

- Apply CBT Skills To Treat:**
- Anxiety
 - Anger Management
 - Trauma
 - Depression
 - Eating Disorders
 - PTSD

Outline

Clinical Applications of CBT Skills
 Anxiety Disorders
 Depression
 Anger Management
 Trauma and PTSD
 Eating Disorders
 Alcohol and Drug Addiction

Cognitive Therapy Strategies and Skills
 Challenge Automatic Thoughts
 The CBT Thought Record
 Guided Discovery and Socratic Questioning
 Setting Goals and Monitoring Progress
 Label Cognitive Distortions
 Thought-Stopping Techniques
 Feel Better with the ABC Technique
 Reduce Worry: Consider the Odds
 Increasing Positive Self-Talk
 Schedule Worries
 Strengthen Positive Core Beliefs

Behavior Therapy Strategies and Skills
 Techniques for Behavior Change
 Problem-Solving Skills
 Increase Positive Coping Skills
 Behavioral Activation
 Act More Assertive
 Social Skills Training
 Small Step Success Therapy
 Relaxation and Breathing Training
 Gradual Exposure to Feared Situations
 Anger Management Strategies
 Increase Self-Esteem Mindfulness

Motivational Interviewing Strategies and Skills
 4 Guiding Principles
 Personal Strengths and Supports
 Stages of Change
 Decisional Balance Worksheets
 Discussing the Pros & Cons
 Preparing a Change Plan
 Identify Personal Values
 Providing Personalized Feedback

Emotional Regulation Strategies and Skills
 Identify and Label Feelings
 Identify Situations that Trigger Feelings
 Feeling Better Strategies Worksheet
 Grounding & Self-Soothing Strategies
 Coping with Frustration
 Emotional Regulation Skills

Objectives

- Apply and integrate evidence-based techniques from cognitive-behavioral therapies.
- Identify motivational interviewing strategies to build rapport and engage challenging clients.
- Describe behavioral therapy techniques to modify and change maladaptive behaviors.
- Utilize more effective goal setting and problem-solving strategies with clients.
- Describe key behavioral activation and exposure strategies used in behavior therapies.
- Identify four key cognitive-behavior therapy questions to use with all clients.
- Identify, challenge and replace negative self-talk, thoughts, assumptions and core beliefs.
- Describe cognitive and behavioral interventions for clients who are depressed and anxious.
- Identify practical exercises and worksheets to help implement CBT into clinical practice.

Questions?
 Call customer service at
800-844-8260

Day 2 HOARDING DISORDER

Evidence-Based Strategies for Diagnosis and Treatment

Imagine walking into your client's home, only to find old newspapers, boxes, and collections of items dumped into piles all over the house.

Your instincts tell you to force your client to clean, throw everything into a dumpster and start over. But, you know that's not going to cure your client of hoarding disorder and the piles will continue to grow.

What can you do to achieve lasting results with a client who hoards?

Join Daniel J. Moran, Ph.D., BCBA-D, as he demonstrates how to get inside the mind of someone with hoarding disorder. He will give you strategies to properly assess, diagnose and treat hoarding. You will learn how to integrate effective techniques from ACT, Motivational Interviewing and Mindfulness into hoarding treatment. Develop customized strategies that focus on fixing underlying behaviors and simultaneously treat co-occurring mental health disorders.

With your expertise, your client can move forward and live a healthy, uncluttered life.

Dr. Moran will use video clips from his work on television shows "Hoarding: Buried Alive" and "Confessions: Animal Hoarding," case studies, client stories, and respectful humor that provide an outlet for this difficult topic.

Have a seminar idea? A manuscript to publish?
 The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Emily Bauer** at ebauer@pesi.com or call **715.855.8167**.

Outline

Diagnose Hoarding Disorder
 The reclassification of Hoarding Disorder in the DSM-5®
 Rating the hoarding severity
 Comorbid disorders

Fundamentals of Hoarding Disorder
 Functional assessment of hoarding
 The difference between OCD and hoarding
 Health risks of hoarding
 Interdisciplinary teams and community support

Effective Measures for Assessment
 Conducting a home visit
 What is your clutter costing you?
 Self-evaluation
 Clutter Checklist & Guidelines
 Safety & Treatment planning
 Hoarding Behavior Acceptance & Action Questionnaire (HBAAQ)
 Assessment used for willingness to accept emotional experiences

The Commitment Plan worksheet
 Commitment to decluttering phase
 Decrease excessive acquisition
 Discard possessions
 Increase organization and overall functioning

Empirically-Supported Treatment Acceptance and Commitment Therapy
 Experiential avoidance with acceptance
 Lack of awareness with mindful decision making
 Unclear motivations with values clarification
 Narrowed self-definition with perspective-taking
 Thought Action Fusion with defusion exercises

Motivational Interviewing
 Building motivation for change
 Increasing compliance
 Strengthening commitment to change

Mindfulness Training
 Stress reduction
 Enhancing a here-and-now perspective
 Increasing acceptance and compliance during decluttering

Family & Community Interventions
 Family Therapy
 Support Groups
 Community collaboration/ task forces

Objectives

- Explain an empirically-supported definition of hoarding disorder.
- Recognize the differences between OCD and hoarding disorder.
- Outline strategies to perform a safe and treatment-effective home visit.
- Develop intervention techniques to help clients let go of possessions, increase organization and unclutter their lives.
- List community resources and support networks for individuals dealing with hoarding disorder.
- Create a commitment plan worksheet for treating hoarding.
- Utilize Motivational Interviewing, Mindfulness and ACT into your clinical treatment of hoarding disorder.

QUESTIONS? Call **800-844-8260** or e-mail us at info@pesi.com.
How to Register: DAY ONE: CBT: COGNITIVE BEHAVIORAL THERAPY TECHNIQUES FOR EVERYDAY CLINICAL PRACTICE
 DAY TWO: HOARDING DISORDER: EVIDENCE-BASED STRATEGIES FOR DIAGNOSIS AND TREATMENT

ONLINE
www.pesi.com

PHONE
800-844-8260
 Please have credit card available

FAX
800-554-9775

MAIL
 PESI
 PO BOX 1000
 Eau Claire, WI
 54702-1000

1 Please complete entire form (to notify you of seminar changes):
please print; staple duplicate forms.

Mail Code: _____ See mail code box on address panel on reverse side

Name _____ Profession _____

Employer Name _____

Employer Address _____

Dept/Floor/Suite _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph () _____

Dept. Ph () _____

E-mail address _____

For your convenience, confirmations are sent via email.

2 Check seminar(s): (make copy for your records)

HONOLULU, HI

Hyatt Regency Waikiki
 2424 Kalakaua Ave • 96815
 (808) 923-1234

DAY 1: CBT: Cognitive Behavioral Therapy Techniques For Everyday Clinical Practice
 October 12, 2015 38046HON1

DAY 2: Hoarding Disorder: Evidence-Based Strategies for Diagnosis and Treatment
 October 13, 2015 38046HON2

3 Check Tuition:
TUITION WITH SEMINAR MANUAL

\$379.98 (+ tax in HI) per person for both seminar days

\$219.99 (+ tax in HI) per person standard tuition for one seminar day

\$59.95* ACT in Practice: Case Conceptualization in Acceptance & Commitment Therapy book (distributed at seminar—FREE SHIPPING!)

\$28.95* The Cognitive Behavior Therapy (CBT) Toolbox: A Workbook for Clients and Clinicians (distributed at seminar—FREE SHIPPING!)

4 Indicate method of payment:
ALL REGISTRATIONS MUST BE PREPAID.
 Purchase orders welcome (attach copy).

Check enclosed payable to **PESI, Inc.**

MC VISA AE Discover Novus
 16 digits 13-16 digits 15 digits 16 digits

Card # _____

Card Exp. _____ V-Code #: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)
 (**American Express: 4-digit # above account # on face of card.)

Save \$60 Instantly Attend Both Days

Bring any training topic in-house!
 Convenient • Cost-Effective • Customizable
www.pesi.com/inhouse

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

Tuition Options:
 \$60 Tuition: If you are interested in being our registration coordinator for both days, go to www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

Discounted Student Rate: As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details. Groups of 5 or more: Call 800-844-8260 for discounts.

ADA needs:
 We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

CAN'T ATTEND THE SEMINAR?
 See below for individual product orders

DAY 1: CBT: Cognitive Behavioral Therapy Techniques For Everyday Clinical Practice

___ Seminar on DVD* (video) \$169.99 (RNV050650)
 ___ Seminar on CD* (audio) \$139.99 (RNA050650)

DAY 2: Hoarding Disorder: Evidence-Based Strategies for Diagnosis and Treatment

___ Seminar on DVD* (video) \$169.99 (RNV046740)
 ___ Seminar on CD* (audio) \$139.99 (RNA046740)

___ **ACT in Practice: Case Conceptualization in Acceptance & Commitment Therapy** book* \$59.95 (SAM042275)

___ **The Cognitive Behavior Therapy (CBT) Toolbox: A Workbook for Clients and Clinicians*** \$28.95 (PUB045105)

*Shipping is \$6.95 first item + \$2.00 each add'l item.
 **Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

Product total \$ _____
 *Shipping _____
 Subtotal _____
 **Tax _____
TOTAL _____