



Space is limited!
Register before October 7

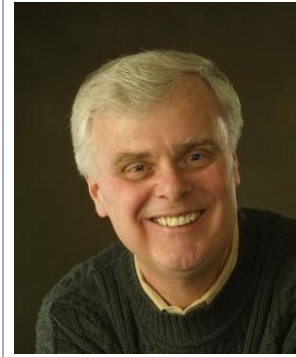
Northwest Behavioral Health IPA
Presents

David D. Burns.
M.D.

Fast, Effective
Treatment of Anxiety
Disorders



St. Luke's Education Center
3333 Squalicum Parkway
BELLINGHAM, WASHINGTON
Saturday, October 22, 2011
8:30 a.m. to 4:00 p.m.



David D. Burns, M.D. is an Adjunct Clinical Professor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. He has served as Visiting Scholar at Harvard Medical School and

Acting Chief of Psychiatry at the Presbyterian / University of Pennsylvania Medical Center. His best-selling book, *Feeling Good*, has sold over four million copies worldwide and is the book most frequently recommended by American and Canadian mental health professionals for patients suffering from depression. His recent book, *When Panic Attacks*, illustrates fast, effective, drug-free methods for overcoming all of the anxiety disorders and is geared for the general public as well as mental health professionals.

Dr. Burns has won many awards for his research and teaching. The graduating residents at the Stanford Medical School have named him "Teacher of the Year" on three occasions.

An important seminar for psychologists, social workers, ARNPs, and other mental health professionals.

Attend this dynamic workshop and enhance your ability to:

- Track therapeutic progress and monitor the therapeutic alliance
- Develop creative, powerful, individualized treatment plans that target each patient's unique problems
- Identify the cognitive distortions and self-defeating beliefs that trigger anxiety
- Utilize the Experimental Technique in the treatment of Panic Disorder
- Integrate the Cognitive, Behavioral and Hidden Emotion Models in the treatment of a wide range of anxiety disorders
- Use the Daily Mood Log and Recovery Circle in the treatment of Social Anxiety Disorder

Approved by the Washington State Psychological Association as meeting the criteria for 6 total hours of Psychologist Continuing Education Credits. The Washington State Psychological Association (WSPA) is approved by the American Psychological Association to sponsor continuing education for psychologists. WSPA maintains responsibility for the program and its contents. Workshops offered by WSPA are recognized continuing education activities under the rules adopted by the Washington State Examining Board of Psychology and the Licensed Counselors Advisory Committee. WSPA maintains responsibility for the program and its contents

Fast, Effective Treatment of Anxiety Disorders

David D. Burns, M.D.

WORKSHOP SCHEDULE

- 8:30-9:15** Three Powerful Treatment Models for Anxiety Disorders
9:15-10:00 High-Speed Treatment of Panic Disorder
10:00-10:15 Break
10:15-11:00 Introduction to T.E.A.M. Treatment
11:00-12:00 Defeating Outcome and Process Resistance
- 12:00-1:00** Lunch
12:30-1:00 Optional Luncheon Presentation: Measurement: A Boring Topic with Exciting Implications
- 1:00-2:15** Social Anxiety Disorder Part One: The Man Who Was Afraid To Flirt
2:15-2:30 Break
2:30-4:00 Social Anxiety Disorder Part Two: The Man Who Was Afraid To Flirt

What is NBHIPA?

The Northwest Behavioral Health Independent Provider Association is a not-for-profit group of over 176 mental health providers throughout Whatcom, Skagit, Island and San Juan counties in Washington State. The NWBHIPA is now in its 7th year and is dedicated to providing quality mental health care that is safe and confidential to patients and collegial support and excellent educational opportunities to members. Membership in the NWBHIPA is available for a one-time fee of \$150. Benefits include discounted tuition to all NWBHIPA sponsored continuing education workshops.

Visit our website: www.nwbhipa.org

REGISTRATION FEES

- \$100 IPA members
\$135 Non IPA members
\$50 Student with current ID
(Late fee of \$15 added after Oct 7, 2011)
\$150 IPA Membership one-time fee
Certificates of completion available to all attendees.

Registration Includes lunch.

NO CREDIT CARDS. Payment must be made by check, cash or money order made out to NWBHIPA and mailed to NWBHIPA, PO Box 1661, Mount Vernon, WA 98273-1661.

Cancellation Policy: Full refunds minus a \$25 processing fee will be offered with written requests received by Oct. 7, 2011.

ACCOMMODATIONS

Special room rates have been made available at the Hampton Inn in Bellingham for \$89 per night.

Reservations: (360) 676-7700 (Group rate code NBH)

Information:

Richard Spitzer, Ph.D.

Phone: 360-671-1966

E-mail:

richardspitzer.phd@gmail.com

Registration Fees (includes lunch)

- ___ IPA Member—\$100 by 10/7
___ NonIPA Member—\$135 by 10/7
___ Student with ID—\$50 by 10/7
___ IPA Membership—\$150
___ Late fee—\$15
___ Total amount included

Sandwich choices:

- Turkey
 Tuna
 Veggie

Special dietary needs may be requested.

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St Luke's Education Center, Bellingham, WA

Name _____

Address _____

Email for confirmation (will not be shared) _____

Phone _____

Send registration & payment to:
NWBHIPA
P.O. Box 1661
Mount Vernon, WA 98273-1661