Riding the Third Wave:
Incorporating the New Behavior Therapies Into Your Practice

By Lynn McFarr, Ph.D.

Date: Friday, May 16, 2008  Time: 9:00am to 4:00pm
Location: UCLA Faculty Center
480 Charles E. Young Dr. East, Los Angeles, CA 90095

Dr. McFarr is the director of the CBT Clinic and Associate Training Director at Harbor UCLA Medical Center. Also, Dr. McFarr is on the board of The Academy of Cognitive Therapy. She has developed an extensive training program at Harbor UCLA and has taught and published extensively on CBT.

The “Third Wave” of behavior therapies has generated not only empirical support but also enthusiasm among practitioners. Incorporating principles from DBT, CBASP, MBCT, ACT and others into practice can be daunting and some principles are incompatible with standard CBT. This workshop will provide an overview of DBT, MBCT, ACT, and CBASP, providing comparisons and contrasts in approaches. Participants will be taught major principles and effective strategies from each approach. Particular attention will be paid to incorporating these principles into cognitive therapy.

Attendees will learn:

1. To differentiate between DBT, CBASP, MBCT, and ACT and identify target populations for each approach.
2. Decide when and when not to incorporate strategies into standard CBT.
3. Implement effective strategies from each approach into standard CBT.

Cancellation/Refund Policy: A service charge of $30 is withheld from all refunds (refund in full if the conference is canceled, discontinued, or rescheduled). Refund request must be in writing and postmarked or faxed no later than one week prior to the event.

APA Approved: The Cognitive Behavior Therapy Institute is approved by the American Psychological Association to sponsor continuing education for Psychologists. The Cognitive Behavior Therapy Institute maintains responsibility for this program and its content.

BBS Accredited: Course meets the requirements for 6 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences—PCE 4176.

Registration: $195, On Site: $215 – student rate available

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