



Stop “Shoulding” on Yourself:

Practical Evidence-Based Applications of Cognitive Behavioral Theory in Offender Treatment Settings

August 31st, 2017

6 Contact Hours for LPCs; NBCC approved; open to all in the fields of behavioral sciences and human performance

About the Seminar

A highly skilled CBT/REBT trained therapist knows that they don't have to wait for the client to realize their “should-storm” of irrational thinking. Evidence tells us we can assist clients by teaching/coaching them to dispute their irrational thinking and help them to stop “shoulding” all over the place. This will be an experimental class of applying the theory of CBT or REBT to individual and group settings. Journaling and other creative techniques will be covered.

Course Objectives:

- Learn the origins and definition of CBT/REBT
- Learn Albert Ellis's 15 Irrational Thoughts and the 3 “Musts” that keep us trapped
- Learn how CBT is used in nationally recognized evidence based treatment programs
- Learn to use journaling to help clients condition themselves to think more rationally

Stop “Shoulding” on Yourself has been approved by NBCC for NBCC credit. Matt Miller Coaching is solely responsible for all aspects of the program. NBCC Approval No. SP-2774.

About Matt Miller

Matt Miller has spent 20 years working in the mental health field, with a focus in addiction and offender treatment. He is regularly called on by federal, state, and local criminal justice professionals to assist in treating members of the most troubled segment of our society. In 2003, Miller helped create the first Adult Drug Court in Huntsville, Alabama, and then worked for 10 years as one of the primary treatment providers for the Madison County Drug Court. In addition to substance abuse and mental health counseling, Miller has been guiding a thriving executive coaching practice since 2007. Certified by the Center for Credentialing & Education, Inc. in 2012, he became a founding Board Certified Coach in the State of Alabama, and remains one of only a few certified coaches in North Alabama. In September of 2011, Matt Miller was selected to serve as a Collaborating Investigator for the DSM-5 Field Trials, one of the most important psychiatric research studies of this decade. DSM-5 Field Trials Collaborating Investigators who completed the study received Acknowledgment in the DSM-5 publication.

\$150. Location 600 Blvd South SW Huntsville AL 35802

For more information, call 256. 270.8108 or email callie.millerpc@gmail.com

Register by visiting mattmillercoaching.com

Space is limited.

Registration

Registration closes August 28th. Register online at www.mattmillercoaching.com. All payments must be made by credit card. Payment is due at the time of registration. There will be no registration on the day of the event.

Confirmation, Cancellations and Complaints

Confirmations of registration are sent via email within 3 days of receipt in our office. If you have not received a confirmation, you may call our office at 256 270 8108 to verify registration. Cancellations can be refunded if received by August 31st less a \$25 administrative charge per registrant. There is no refund for cancellations received later. If you register and do not attend, you are still liable for full payment. If the event is cancelled due to events beyond the control of Matt Miller Coaching a full refund will be issued within 30 days of the event date.

Matt Miller Coaching will report to NBCC each complaint, dispute, or other grievance that directly or indirectly relates to any terms and requirements within 60 days of our knowledge of the complaint, including all related written communications and materials.

Agenda

Stop "Shoulding" Yourself Seminar Schedule and Information

Event Location: 600 Blvd South SW Huntsville, AL 35802

8:00-Sign-in (coffee and water provided)

8:30-Seminar Begins

What is CBT/REBT?

Learn Albert Ellis' 15 Irrational Thoughts and 3 "Musts" that keep us trapped

Application of CBT/REBT to group and individual therapy

12:00 Lunch Break 1 hour (on your own)

1:00 Seminar Resumes

Live Application of CBT

Journal Demonstrations and how journaling helps people think more rationally

4:00-Seminar Ends

Nearby Hotels

Double Tree Suites by Hilton
6000 Memorial Pkwy SW, Huntsville, AL 35802
(256) 882-9400

Hampton Inn
501 Boulevard S SW, Huntsville, AL 35802
[\(256\) 882-2228](tel:2568822228)

