

# Cognitive Behavior Therapy and Mindfulness: An Integrative Evidence - Based Approach

Cognitive Behavioral Therapy (CBT) and Mindfulness are two methods on the cutting-edge of evidence-based psychotherapy today. Together these techniques are highly-effective in the treatment of anxiety and depressive disorders. Even disorders found to be often resistant to treatment, such as substance abuse and personality disorders, are responding to this unique integration of therapeutic skills.

By attending this webinar you will learn not only to the basic techniques in CBT and Mindfulness, but also the application of more advanced methods. This approach is designed both to inform those who are new to this field as well as provide more advanced clinical options to those already familiar with the basics. The seminar will include PowerPoint slides, case examples and experiential learning.

## Target Audience

Psychologists  
Therapists

Social Workers  
Psychiatrists  
Course level: Intermediate

Counselors  
Nurses

## Learning Objectives

- At the end of this seminar, participants will be able to:
1. State the philosophical legacy of cognitive-behavioral therapy, and how to integrate such a perspective on concerns with the human condition.
  2. Identify the marquee cognitive distortions from Beck's Cognitive Therapy.
  3. Identify irrational beliefs from the perspective of Ellis's Rational Emotive Behavior Therapy.
  4. Name the clinical concerns with thought suppression approaches.
  5. Describe mindfulness from an applied behavioral science point of view.

## Seminar Schedule

Typically begins at 10:00 AM and ends at 1:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

## Outline

Begin 10 AM ET  
Rational Emotive Behavior Therapy  
The Philosophical legacy of REBT  
Stoicism  
Hedonism  
Beck's CBT  
Cognitive Distortions  
REBT is the same and different  
Break 11:30-11:45 AM ET  
Ellis' cognitive model  
Disputing  
The elegant solution  
Mindfulness  
Development of MBCT  
The eight sessions  
Research evidence  
ACT  
End 1:15 PM ET

## Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.

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## The Presenter

Daniel J. Moran, Ph.D., BCBA-D, is the founder of the MidAmerican Psychological Institute and Pickslyde Consulting. He is the past-president of the Association for Contextual Behavioral Science (ACBS), the international Acceptance and Commitment Therapy organization with over 8000 members worldwide. He co-wrote the first case conceptualization manual for Acceptance and Commitment Therapy entitled ACT in Practice (New Harbinger), and served on the first ACT training committee. Dr. D.J. is a Recognized ACT trainer and a Fellow in the ACBS community, and his engaging training style has led him to be an invited keynote speaker for many events in the last decade. He has also been featured on The Oprah Winfrey Network, TLC, and The Discovery Channel discussing the treatment of many clinical disorders, and has published several articles and book chapters including publications with CBT pioneer Albert Ellis, and ACT pioneer Steven Hayes.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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