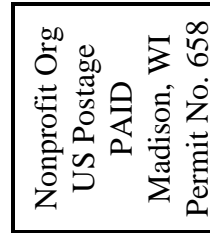


About Dr. Tolin



David F. Tolin, Ph.D. is the Founder and Director of the Anxiety Disorders Center at the Institute of Living, and an Adjunct Professor of Psychiatry at Yale University School of Medicine.

Dr. Tolin is the author of over 150 scientific journal articles, as well as several books, including *Doing CBT: A Comprehensive Guide to Working with Behaviors, Thoughts, and Emotions* (2016); *Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding* (2013); and *Face Your Fears: A Proven Plan to Beat Anxiety, Panic, Phobias, and Obsessions* (2012).

Dr. Tolin has served as a principal investigator and scientific reviewer for the NIH since 2003. He is a past president of the Society of Clinical Psychology (Div. 12) of the American Psychological Association and a recipient of awards for Distinguished Contribution to the Science of Psychology, Distinguished Contribution to the Practice of Psychology, and Distinguished Lifetime Contribution to Psychology from the Connecticut Psychological Association.

Dr. Tolin's books are available for purchase from Guilford Press -

<https://www.guilford.com/books/Doing-CBT/David-Tolin/9781462527076>

And at www.amazon.com

University of Wisconsin
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1202 West Johnson St
Madison, WI 53706

Science & Practice of CBT

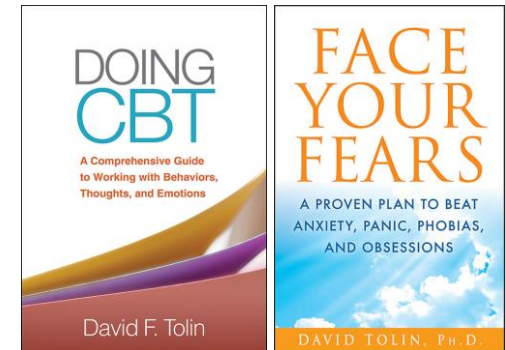
March 29, 2018

Face Your Fears

March 30, 2018

David F. Tolin, PhD

**Union South
1308 West Dayton Street
Madison, WI**



Presented by:

**Psychology Research &
Training Clinic
UW-Madison Department
of Psychology**

(608) 262-5925

March 29: Science & Practice of CBT

Science & Practice of CBT provides a complete introduction to the art and science of cognitive-behavioral therapy (CBT) including core concepts and effective techniques for addressing the behavioral, cognitive, and emotional elements of psychological problems. Vivid case examples illustrate essential skills for case conceptualization, planning treatment, and conducting therapy, from intake to termination. *Learning objectives include:*

1. Describe how behavioral, cognitive, & emotional disturbances are associated with the maintenance of psychopathology.
2. Discuss CBT strategies of interacting with patients.
3. Develop a program of contingency management for problem behaviors.
4. Implement exposure therapy for anxious patients.
5. Use activity scheduling for depressive patients.
6. Train appropriate problem-solving & social skills.
7. Elicit & modify maladaptive interpretations.
8. Teach relaxation & other forms of emotion modulation.
9. Use acceptance strategies for unwanted thoughts & emotions.

March 30: Face Your Fears

Nearly a third of all people will suffer from severe or debilitating fears over the course of a lifetime. **Face Your Fears** presents up-to-date, evidence-based, and user-friendly approaches aimed at beating phobias and overcoming anxieties. Dr. Tolin explains what fear really is, and how to beat it using gradual exposure techniques and other practical action steps.

Learning objectives include:

1. Describe physiological, cognitive, & behavioral aspects of maladaptive fear.
2. Discuss mechanisms of exposure therapy.
3. Develop exposure hierarchies for a wide range of anxious patients.
4. Implement exposure strategies for fears of body sensations (panic).
5. Implement exposure strategies for social & performance fears (social phobia).
6. Implement exposure strategies for obsessive fears (OCD).
7. Implement exposure strategies for posttraumatic fears (e.g., PTSD).
8. Describe the role of safety behaviors in maintaining fear.
9. Use cognitive restructuring strategies in the context of exposure therapy.
10. Apply motivational interviewing strategies for ambivalent patients.

Intended Audience

Psychologists, counselors, psychiatrists, social workers, as well as mental health providers in training.

Daily Schedule

7:30-8:00	Registration
8:00	Program begins
11:45-1:15	Lunch (on your own)
4:00	Program ends

Location

Union South UW-Madison
1308 West Dayton Street
Madison, WI 53706

Check "Today in the Union" boards at entrances for exact room & location. Public parking is available in the Union South garage and Lot 17.

Refund/Cancellation Policy

Refund of registration fee, minus \$50, is available for cancellations received by 4:00 PM on 3/19/2018. Call 608-262-2451 or email registrations@ecc.uwex.edu

Registration

***Join us for one or both seminars!
Space is limited. Register now!***

Community Professionals:
\$175 for one seminar
\$325 for BOTH seminars

Graduate Students/Residents/Interns
\$50 for one seminar
\$75 for BOTH seminars

Questions? Call (608) 262-5925

To Register Online:

<http://psych.wisc.edu/graduate-program/clinical-psychology-program/research-and-training-clinic/>

To Register By Mail: Return form below & a check (payable to UW-Extension) to:

UW-Extension Registrations
Room 139
702 Langdon St
Madison, WI 53706

Name:

Address:

Phone:

E-mail:
