

4 WAYS TO REGISTER | Save \$10 – Use Online Promo Code **ABSAVE10**

ONLINE registration.jackhirose.com
EMAIL registration@jackhirose.com
PHONE+FAX See numbers below right
MAIL See address below right

STEP 1 – CONTACT INFO

Name _____
 Position _____ School / Organization _____
 Address _____
 City _____ Province _____ Postal Code _____
 Work Phone [] _____ Work Fax [] _____
 Email _____
 No, I do not want to stay informed of upcoming events, exclusive offers and receive the quarterly eNewsletter.

STEP 2 – SELECT WORKSHOP & APPLICABLE FEE

Mindfulness-Integrated Cognitive Behaviour...
 Edmonton, AB | May 4 & 5, 2015 | Bruno Cayoun

Individual	Group: 3-7	Group: 8+	
Early Bird Fee (Deadline: April 15, 2015)	\$369 + 5% GST	\$354 + 5% GST	\$339 + 5% GST
Regular Fee	\$389 + 5% GST	\$374 + 5% GST	\$359 + 5% GST

Making Sense of Anxiety
 Edmonton, AB | May 25 & 26, 2015 | Gordon Neufeld

Individual	Group: 3-7	Group: 8+	
Early Bird Fee (Deadline: May 11, 2015)	\$369 + 5% GST	\$354 + 5% GST	\$339 + 5% GST
Regular Fee	\$389 + 5% GST	\$374 + 5% GST	\$359 + 5% GST

Making Sense of Attention Problems
 Edmonton, AB | May 27, 2015 | Gordon Neufeld

Individual	Group: 3-7	Group: 8+	
Early Bird Fee (Deadline: May 13, 2015)	\$229 + 5% GST	\$219 + 5% GST	\$209 + 5% GST
Regular Fee	\$249 + 5% GST	\$239 + 5% GST	\$229 + 5% GST

Worries and Woes
 Calgary, AB | May 4 & 5, 2015 | Lynn Miller

Individual	Group: 3-7	Group: 8+	
Early Bird Fee (Deadline: April 20, 2015)	\$369 + 5% GST	\$354 + 5% GST	\$339 + 5% GST
Regular Fee	\$389 + 5% GST	\$374 + 5% GST	\$359 + 5% GST

Mindfulness Inside & Outside The Therapy Hour
 Banff, AB | July 15-17, 2015 | Ron Siegel

Individual	Group: 3-7	Group: 8+	
Early Bird Fee (Deadline: July 1, 2015)	\$595 + 5% GST	\$575 + 5% GST	\$555 + 5% GST
Regular Fee	\$615 + 5% GST	\$595 + 5% GST	\$575 + 5% GST

Advanced Applications in Cognitive Behaviour...
 Red Deer, AB | July 8-11, 2015 | David D. Burns

Individual	Previous 4 Day Attendee
Early Bird Fee (Deadline: June 24, 2015)	\$795 + 5% GST / \$595 + 5% GST
Regular Fee	\$815 + 5% GST / \$615 + 5% GST

***Group registration must be completed online at registration.jackhirose.com**

EARLY BIRD DEADLINE
 Registration and payment must be received by this date. Upon receipt of registration and payment, an emailed confirmation notice will be sent.

REGISTRATION FEE INCLUDES
 Reference notes, certificate of completion, morning coffee, muffins and refreshment breaks. *Please note lunches are not included.*

STEP 3 – PAYMENT

Visa | Credit Card # _____ Expiry _____ / _____
 MasterCard | Cardholder Name _____
 Cheque | Signature _____ Cheque # _____

WORKSHOP FEE DISCOUNTS

GROUP DISCOUNTS	1 Day Workshop	2 Day Workshop	3 Day Workshop
3-7 Registrants	\$10 off / person	\$15 off / person	\$20 off / person
8+ Registrants	\$20 off / person	\$30 off / person	\$40 off / person

Individuals must attend both days to be eligible for the group rates. All groups must register online to receive the group discount. Register your group at: registration.jackhirose.com

ONLINE REGISTRATION DISCOUNT
 Save \$10 on registration fees for online registrations. Enter promo code **ABSAVE10** at registration.jackhirose.com.

EARLY-BIRD DISCOUNTS
 To receive the early bird rate, all workshop fees must be paid in full prior to the specified cut-off date. Registration forms submitted without payment will not be processed, and will not guarantee the early-bird rate.

WORKSHOP AIDE DISCOUNTS
 Save \$115 on a one-day workshop, \$190 on a two-day workshop, \$290 on a three-day workshop, and \$400 on a four-day workshop or conference. By working as an assistant to the workshop coordinator, workshop aides will receive a discount for the workshop of their choice. Workshop aides must arrive by 7:00am on all days of the event and be willing to assist at all breaks, throughout the lunch break, and stay 30 minutes after the end of the workshop. Please keep in mind that we can accommodate a maximum of 3 workshop aides per workshop. To apply for the workshop aides program, please email registration@jackhirose.com

CONTINUING EDUCATION CREDITS

Canadian Psychological Association (recognized by the Alberta College of Social Workers), Canadian Counselling & Psychotherapy Association, Canadian Addiction Counsellors Certification Federation, Canadian Vocational Rehabilitation Association, Canadian Professional Counselling Association, Employee Assistance Certification Commission (EAPA). **The number of course credits will vary for each event. See the event listing for specific workshop accreditation.**

HOTEL & ACCOMMODATIONS

Rates may fluctuate. Please request the Jack Hirose & Associates corporate rate – must be booked one month prior to the workshop date.

EDMONTON: FOUR POINTS BY SHERATON EDMONTON SOUTH
 7230 Argyl Rd | 780-465-7931

EDMONTON: EXECUTIVE ROYAL HOTEL WEST EDMONTON
 10010-178th Street | 780-484-6000

BANFF: BANFF PARK LODGE RESORT HOTEL & CONFERENCE CENTRE
 222 Lynx Street | 403-762-4433

RED DEER: iHOTEL 67 ST 6500 67th Street 1-800-661-4961
CALGARY: EXECUTIVE ROYAL HOTEL CALGARY 2828 23rd Street NE 888-388-3932

TERMS & CONDITIONS

Our liability is limited to refunds for workshop fees only. Jack Hirose & Associates Inc. reserves the right to cancel an event; please make hotel & travel arrangements with this in mind. In the event of a cancelled workshop, we will issue a full refund for **workshop fees only**. Jack Hirose & Associates Inc. is not responsible for any statements, acts, materials, or omissions by our presenters or participants. The use of audio and video taping devices, beepers, and cell phones by workshop participants is not permitted at any workshop. Children and unregistered guests are not permitted in the meeting rooms. Seats cannot be shared between individuals. The contact information provided during registration will be added to our mailing list. We will not sell our mailing list or grant access to third parties; you can unsubscribe at any time. To unsubscribe please visit our website.

CANCELLATION POLICY
 All cancellations must be submitted by email at registration@jackhirose.com. Non-attendance at a workshop will not be grounds for any or partial refund / credit under any circumstances. **Refunds will be available minus a \$40 administration fee for cancellations made five business days or more prior to the event. No refund or credit under any circumstances will be available for cancellations less than five full business days prior to the event.** Exceptions to this will not be granted. If you are unable to attend, you are invited to send an alternate in your place at **no extra cost**. Please **notify us** of the alternate's full name and contact information, including their email address. Please double check your spelling.

CERTIFICATES
Provided for pre-registered attendees only. Those who register at the door, or want additional copies can download their certificate, free of charge, at certificates.jackhirose.com. Your name will appear exactly as provided during registration. Please double check your spelling and include your professional name.

RECEIPTS
 Automatically sent by email when participants register and pay online. Please be aware spam filters can block email receipts. Participants who register at the door will be emailed their receipt once the payment has been processed (please allow up to two weeks for processing). Additional copies can be downloaded from certificates.jackhirose.com.

PLEASE REVIEW OUR PRIVACY POLICY: WWW.JACKHIROSE.COM

PLEASE COMPLETE & RETURN WITH YOUR PAYMENT TO:


Jack Hirose & Associates Inc.
 363 Lynn Ave, North Vancouver BC, Canada V7J 2C4
 T 604 924 0296
 F 604 924 0239
 TF 1 800 456 5424
 E registration@jackhirose.com


jack hirose
 & ASSOCIATES INC.
 Quality workshops & community resources

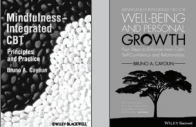
JACKHIROSE.COM

Spring 2015 | Alberta
MENTAL HEALTH & EDUCATION WORKSHOPS

Register Online
 JACKHIROSE.COM
SAVE \$10
 PROMO CODE
ABSAVE10

MINDFULNESS-INTEGRATED COGNITIVE BEHAVIOUR THERAPY TRAINING
For Crisis Intervention & Relapse Prevention

**EDMONTON, AB
 MAY 4 & 5, 2015**



BRUNO CAYOUN
 D.PSYCH.

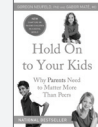
*** SPECIAL APPEARANCE FROM AUSTRALIA**

Clinical Focused Workshop

P. 2

MAKING SENSE OF ANXIETY
**EDMONTON, AB
 MAY 25 & 26, 2015**

MAKING SENSE OF ATTENTION PROBLEMS
**EDMONTON, AB
 MAY 27, 2015**




GORDON NEUFELD
 PH.D.

Child & Youth Focused Workshop

P. 3

WORRIES AND WOES
Working with Anxiety Disorders in Children and Adolescents

**CALGARY, AB
 MAY 4 & 5, 2015**



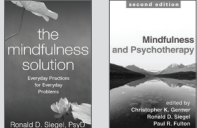
LYNN MILLER
 PH.D., R.PSYCH.

Child & Youth Focused Workshop

P. 4

MINDFULNESS INSIDE & OUTSIDE THE THERAPY HOUR
3 Day Intensive Training

**BANFF, AB
 JULY 15-17, 2015**



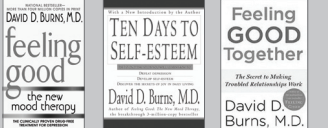
RON SIEGEL
 PSY.D.

Clinical Focused Workshop

P. 5

ADVANCED APPLICATIONS IN COGNITIVE BEHAVIOUR THERAPY
4 Day Intensive Training

**RED DEER, AB
 JULY 8-11, 2015**



DAVID D. BURNS
 M.D.

Clinical Focused Workshop

P. 6

EARLY BIRD DISCOUNT - SAVE \$20!
 See Registration Page for Deadlines

MINDFULNESS-INTEGRATED COGNITIVE BEHAVIOUR THERAPY TRAINING

For Crisis Intervention & Relapse Prevention

EDMONTON, AB | MONDAY, MAY 4 & TUESDAY, MAY 5, 2015 | 9:00 AM – 5:00 PM
Four Points by Sheraton Edmonton South | 7230 Argyll Road

MINDFULNESS INVOLVES PAYING ATTENTION TO WHAT IS BEING EXPERIENCED IN THE

present moment, with a non-judgmental and non-reactive attitude.

Over a decade of careful research has led to the recognition among CBT researchers and clinicians that integrating mindfulness training with cognitive and behavioural interventions is a potent contribution to the treatment of a wide range of psychological disorders. There is also evidence that the practice of mindfulness by therapists decreases their mental fatigue and the frequency of burnout and increases therapist effectiveness.

Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT) is an evidence-based sophisticated integration of mindfulness core principles and traditional CBT. MiCBT consists of a four-stage treatment model applicable for a wide range of conditions and ages. It is based on the combination of traditional establishment of

WORKSHOP AGENDA – KEY TOPICS COVERED

• DAY 1 - MONDAY, MAY 4, 2015

» Brief overview of the MiCBT 4-stage program

» Rationalise for the inclusion of mindfulness in therapy: the co-emergence model of reinforcement

» Introduction to Stage 1:

» Mindfulness with breathing

» Dynamics of intrusive thoughts

» Mindfulness of breath

» Delivering the rationale for mindfulness to clients. Rapid distress reduction. Engaging clients in the treatment plan

» Introduction to Stage 2 of MiCBT:

» The Exposure Stage

» Footage: Demonstration of Stage 2 delivery with client

» End of Day

» Homework for the week: Mindfulness of Breath – differences in approaches, posture, structural interference instruction mantras and visualization. Acceptability of homework

MINDFULNESS INTEGRATED CBT

The aim of this workshop is to introduce the integration of mindfulness training with core principles of Cognitive Behaviour Therapy to improve our way of addressing chronic conditions, crisis and prevent relapse in a wide range of psychological disorders. It will describe the important theoretical framework underlying MiCBT and introduce participants to the use of these skills across a wide range of chronic and acute conditions. This workshop will expand our common understanding of operant conditioning and provide a strong neuro-behavioural basis for integrating mindfulness training with traditional CBT. It is also an opportunity to learn from the principal developer of MiCBT. No prior knowledge of mindfulness is assumed, but basic skills in cognitive and behavioural techniques are an advantage. ☺

• DAY 2 - TUESDAY, MAY 5, 2015

» Morning Session I

» Unilateral (“part-by-part”) body scanning

» Rational substrates of mindfulness and neuroplasticity

» Introduction to Stage 3 of MiCBT:

» The interpersonal stage

» Morning Session II

» Case conceptualization and treatment planning with MiCBT

» Mindfulness of the rationale for mindfulness to clients. Rapid distress reduction. Engaging clients in the treatment plan

» Introduction to Stage 4 of MiCBT:

» Fill in learning outcome questionnaire

» TEACHING APPROACH:

» This workshop will involve learning material through various modalities, including:

» Lecture sections with PowerPoint

» Guided practice of mindfulness meditation

» Role-play

» Group discussions

» Video demonstration of MiCBT skills with clients during real-life therapy sessions



BRUNO CAYOUN, D.PSYCH.

Bruno Cayoun, D.Psych. is Director of the MiCBT Institute, a registered training organization which trains accredited and supports MiCBT practitioners. He is a Clinical Psychologist in private practice and the principal developer of Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT) and has been teaching this approach to mental health professionals in Australia, New Zealand, Hong Kong, Singapore, Canada and Ireland since 2003. He has practiced mindfulness meditation and undergone intensive training in mindfulness centers in France, Nepal, India, and Australia since 1989. Dr. Cayoun is also an Honorary Research Associate at the University of Tasmania and supervises mindfulness research in collaboration with several universities in Australia and New Zealand. He is the author of *Mindfulness-Integrated CBT: Principles and Practice*.

» Countertransference from a cognitive perspective

» The five steps in Agenda Setting

» Becoming the voice of the patient's resistance

» How to take a world-class clinical history

» Quick, easy, accurate diagnostic techniques

» How to use the EASY Diagnostic System

» How to assess therapeutic empathy and helpfulness

» How to assess suicidal urges

» E = Empathy

» The Five Secrets of Effective Communication

» How to transform therapeutic failure into success

LEARNING OBJECTIVES

» Principles and skills in mindfulness practice

» Theoretical fundamentals of mindfulness training

» The use of mindfulness meditation to neutralise operant conditioning and improve therapeutic efficacy

» How to engage the client in the treatment plan

» What are the four stages of MiCBT

» The use of mindfulness-based exposure skills

» The use of mindfulness-based interpersonal skills

» The use of mindfulness-based relapse prevention strategies

WORKSHOP SCHEDULE	
• DAY 1 - JULY 8, 2015	<p>Registration 7:30am – 8:30am (Continental Breakfast)</p> <p>Morning Session 8:30am – 12:00 noon (Break 10:15am – 10:30am)</p> <p>Lunch 12:00 noon – 1:00pm (lunch not provided)</p> <p>Bonus Lunch Hour Session 12:30pm – 1:00pm</p> <p>Bonus Lunch Hour Session 1:00pm – 4:30pm (Break 2:15pm – 2:30pm)</p> <p>Afternoon Session 4:30pm – 6:00pm</p> <p>Required Evening Session 6:00pm – 8:00pm</p> <p>Registration Opens at 7:30am Lunch Break from 12:00pm to 1:00pm (Lunch Not Provided)</p>
• DAY 2 - JULY 9, 2015	<p>Morning Session 8:30am – 12:00 noon (Break 10:15am – 10:30am)</p> <p>Lunch 12:00 noon – 1:00pm (lunch not provided)</p> <p>Bonus Lunch Hour Session 12:30pm – 1:00pm</p> <p>Afternoon Session 1:00pm – 4:30pm (Break 2:15pm – 2:30pm)</p> <p>Required Evening Session 6:00pm – 8:00pm (Pick Up Certificates)</p>
• DAY 3 - JULY 10, 2015	<p>Morning Session 8:30am – 12:00 noon (Break 10:15am – 10:30am)</p> <p>Lunch 12:00 noon – 1:00pm (lunch not provided)</p> <p>Bonus Lunch Hour Session 12:30pm – 1:00pm</p> <p>Afternoon Session 1:00pm – 4:30pm (Break 2:15pm – 2:30pm)</p> <p>Required Evening Session 6:00pm – 8:00pm</p>
• DAY 4 - JULY 11, 2015	<p>Morning Session 8:30am – 12:00 noon (Break 10:15am – 10:30am)</p> <p>Lunch 12:00 noon – 1:00pm (lunch not provided)</p> <p>Afternoon Session 1:00pm – 3:30pm (Break 2:00pm – 2:15pm)</p> <p>ADJOURN 3:00pm</p>

KEY TOPICS COVERED	
• DAY 1 - JULY 8, 2015	<p>» Countertransference from a cognitive perspective</p> <p>» The five steps in Agenda Setting</p> <p>» The individual Downward Arrow</p> <p>» The individual vs. Interpersonal Therapy: “And It’s All Your Fault”</p> <p>» Individual vs. Interpersonal Therapy: Why CBT Won’t Work for Relationship Problems</p> <p>» How to develop an agenda for patients with interpersonal problems</p> <p>» The most common therapeutic error of all—and how to stop making it!</p> <p>» Ten GOOD Reasons to Maintain Conflict and Resist Intimacy</p> <p>» The Relationship CBA</p> <p>» The Relationship Journal</p> <p>» The Five Secrets Revisited</p> <p>» Role-Playing and Experiential Techniques</p> <p>» The Intimacy Exercise</p>
• DAY 2 - JULY 9, 2015	<p>A = Agenda Setting</p> <p>» Mastering Specific Techniques</p> <p>» The individual Downward Arrow</p> <p>» The Interpersonal Downward Arrow</p> <p>» The Hidden Emotion Technique</p> <p>» How to diagnose and overcome the patient's resistance</p> <p>» How to take a world-class clinical history</p> <p>» Quick, easy, accurate diagnostic techniques</p> <p>» How to use the EASY Diagnostic System</p> <p>» How to assess therapeutic empathy and helpfulness</p> <p>» How to assess suicidal urges</p> <p>» E = Empathy</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» How to individualize the treatment</p> <p>» How to transform therapeutic failure into success</p>
• DAY 3 - JULY 10, 2015	<p>» Mastering Specific Techniques</p> <p>» The individual Downward Arrow</p> <p>» The Interpersonal Downward Arrow</p> <p>» The Hidden Emotion Technique</p> <p>» How to diagnose and overcome the patient's resistance</p> <p>» How to take a world-class clinical history</p> <p>» Quick, easy, accurate diagnostic techniques</p> <p>» How to use the EASY Diagnostic System</p> <p>» How to assess therapeutic empathy and helpfulness</p> <p>» How to assess suicidal urges</p> <p>» E = Empathy</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You Can</p> <p>» Why manualized therapy will never be effective</p> <p>» The Externalization of Voices</p> <p>» The Double-Standard Technique</p> <p>» The Anti-Procrastination Sheet</p> <p>» The Devil's Advocate Technique</p> <p>» Common therapeutic errors, and how to avoid them</p> <p>» The Decision-Making Form</p> <p>» Paradoxical CBA</p> <p>» How to develop a Daily Mood Log</p> <p>» The Reciprocity Circle</p> <p>» Falling as Fast as You</p>