Cognitive Behavior Therapy (CBT)

July 7, 2017
8 am-4 pm

332 North Hall
20 West Davenport St.
Iowa City, IA
Wayne Bowers is Full Clinical Professor in the Department of Psychiatry at the University of Iowa and Clinical Director of the Eating Disorder Program. His current duties are principally clinical in nature working within the eating disorders program as a group and individual therapist across a continuum of care that includes inpatient, partial hospital and outpatient treatment. Dr. Bowers has been working with adults and adolescents suffering from eating disorders since 1977 and other disorders since 1976. Dr. Bowers is involved in the education of psychiatry residents primarily in the area of psychotherapy. He has written book chapters, review and research articles with an emphasis on treating eating disorders on an inpatient and partial hospital level and the use of Cognitive Therapy. He was trained in the use of Cognitive Therapy at the Center for Cognitive Therapy working with Aaron Beck and Brian Shaw and has been training various levels of professionals since 1987.

Cognitive behavioral therapy (CBT) is a short-term, goal-oriented psychotherapy treatment that takes a hands-on, practical approach to problem-solving. Its goal is to change patterns of thinking or behavior that are behind people’s difficulties, and so change the way they feel. CBT is commonly used to treat a wide range of disorders including phobias, addictions, depression, and anxiety.

Objectives

1) Participants will be able to understand the basic cognitive model.

2) Participants will be able to identify basic cognitive interventions.

3) Participants will be able to identify basic behavioral interventions.

Participants who complete the workshop are eligible for 7 contact hours of credit toward social work licensure. Current University of Iowa School of Social Work students, faculty, adjuncts, practicum coordinators & field instructors pay $20. All others pay $70. Registration form and checks should be mailed to:

Attn: Jefri Palermo
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308 North Hall
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Questions? 319-335-3750 or jefri-palermo@uiowa.edu