

# CERTIFICATE IN ECLECTIC COGNITIVE BEHAVIOR THERAPY

A SYNTHESIS OF THE LEADING COGNITIVE BEHAVIORAL APPROACHES



There is an increasing demand for counselors and therapists who are trained in the cognitive behavioral approaches. This program will provide psychologists, mental health counselors, school counselors, social workers, psychiatric nurses and pastoral counselors with training that will enhance their skills and expand their career options.

Training in Eclectic Cognitive Behavior Therapy will provide a strong foundation in the basic theory and application of the major cognitive behavior systems. The program will focus on assessment techniques; identifying and disputing maladaptive beliefs; setting appropriate treatment goals; contrast and integration of cognitive behavior therapy with other therapies; and the use of homework. The specific cognitive behavioral techniques for treating anxiety, phobias, obsessive-compulsive disorders, depression, and other problems will be covered.

Students will receive a *Certificate of Completion* in the basic theory and practice of ECBT upon successful completion of the entire course.

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**Class Dates:** Sundays, September 27, October 18, November 8, 2009

**Time:** 9 a.m. – 3 p.m.

**Location:** Rockland Graduate Campus of Long Island University  
70 Route 340 Orangeburg, New York 10962  
Room location will be available on first day of class

**Fee:** \$395

**Instructor:** Thomas J. Nardi, Ph.D.

Thomas J. Nardi, Ph.D. is the originator of Eclectic Cognitive Behavior Therapy. He has 30 years experience teaching and practicing Cognitive Behavior Therapy. He has been a training supervisor at the Albert Ellis Institute and has published many journal articles and book chapters. Dr. Nardi is an adjunct professor in the Counseling Program at the Rockland Graduate Campus of Long Island University.

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(PLEASE SEE REGISTRATION INFORMATION ON REVERSE SIDE.)

**REGISTRATION FORM**  
**Certificate in Eclectic Cognitive Behavior Therapy**

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Business/Cell Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Today's Date: \_\_\_\_\_

**METHOD OF PAYMENT • COST: \$395**

\_\_\_\_\_ Check made out to "Long Island University" enclosed

\_\_\_\_\_ Discover \_\_\_\_\_ MasterCard \_\_\_\_\_ VISA

Credit Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Amount: \_\_\_\_\_ Billing ZIP Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Name of Cardholder (print): \_\_\_\_\_

Signature of Cardholder: \_\_\_\_\_

PLEASE RETURN FORM AND PAYMENT TO:  
Rockland Graduate Campus of Long Island University  
Center for Professional Development and Lifelong Learning  
70 Route 340 • Orangeburg, NY 10962-2219

**ROCKLAND GRADUATE  
CAMPUS**

