

REALITY THERAPY IN ACTION

Please select a date and location: CLEVELAND - September 20 CANTON - September 21 PITTSBURGH - September 22
 COLUMBUS - September 27 DAYTON - September 28 INDIANAPOLIS - September 29



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	Early*	Regular
Single Registrant	\$169	\$189
2 to 4**	\$159 ea.	\$179 ea.
5 or more**	\$139 ea.	\$159 ea.

*Registrations received 10 days prior to seminar date.
 **Price per person when registering at the same time.

I am registering and would like to order an audio set for \$59 plus S&H \$8US/\$30CAN: audiotapes CDs

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A leading authority in Reality Therapy shares techniques to complement and enhance your work with clients, regardless of theoretical orientation, population or setting

Reality Therapy in Action

*Practical Skills for Dealing with
 Resistance, Avoidance & Excuses*

- ◆ Discover three effective techniques to implement when "stuck" with difficult clients
- ◆ Learn highly applicable skills for dealing with resistance related to a wide variety of issues such as substance abuse, oppositional behavior and more
- ◆ Develop skills related to eight types of client self-evaluation as a necessary condition to change
- ◆ Identify eight toxic behaviors to avoid with difficult clients
- ◆ Instill hope for a better future in your clients, even during times of distress

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Cleveland, OH - September 20
 Canton, OH - September 21
 Pittsburgh, PA - September 22
 Columbus, OH - September 27
 Dayton, OH - September 28
 Indianapolis, IN - September 29

Continuing education available for Psychologists, Counselors, Nurses, Nurse Practitioners, Case Managers, Alcoholism and Drug Abuse Counselors, Marriage and Family Therapists and Social Workers.

A leading authority in Reality Therapy shares techniques to complement and enhance your work with clients, regardless of theoretical orientation, population or setting

Reality Therapy in Action

*Practical Skills for Dealing with
Resistance, Avoidance & Excuses*

Powerful Tools for Helping Clients Examine Their Behaviors and Make Smarter Choices

Have you ever felt frustrated with clients and/or felt like giving up on a client? Are you ever at a loss for what to say or tired of clients' excuses and resistance? Clients with a wide range of diagnoses often display an inability or unwillingness to deal with the reality of their situations, and choose ineffective or destructive methods of coping instead.

Behavioral health professionals need skills that can be used as brief interventions, combining empathy with the belief that a better life is possible for clients. This workshop provides these skills and strategies as well as tools for helping clients move from helplessness to more effective control of their lives by gaining a sense of hope as well as plans for self-improvement. In this one-day course, attendees will gain an in-depth understanding and knowledge of human motivation and how to deal with the five human motivators. To ensure comprehension and retention of the information presented, multiple teaching/learning techniques are employed in this course, including simulated role play demonstrations of specific cases presented by attendees, group activities, formulation of implementation plans and more. Through these hands-on methods, the speaker will illustrate practical, innovative techniques for implementing the **WDEP** system of Reality Therapy: **W**—exploration of *Wants* and perceptions; **D**—*Doing*: examination of feelings, cognition and specific actions; **E**—assisting clients with self-*Evaluation*; and **P**—formulation of concrete, specific and realistically achievable *Plans* for improvement. Participants will leave this workshop with new skills and strategies that can be used right away with even their most difficult-to-assist clients.

Course Director



ROBERT E. WUBBOLDING, EdD, has over 30 years of experience and is a licensed psychologist, and professional clinical counselor. He is a member of the American Psychological Association, American Counseling Association and American Mental Health Counseling Association. An internationally known teacher, author and practitioner of Reality Therapy, Dr. Wubbolding has taught Choice Theory and Reality Therapy in the United States, Europe, Asia, and the Middle East. Some of Dr. Wubbolding's major contributions to Reality Therapy are the *Cycle of Psychotherapy and Counseling* chart and an expansion of the WDEP system's *Evaluation* procedures, as well as published works that include over 145 journal articles, essays, chapters in textbooks, 11 books, 12 DVDs and the comprehensive book, *Reality Therapy for the 21st Century*. Additionally, Dr. Wubbolding wrote the American Psychological Association's *Theories of Psychotherapy Series: Reality Therapy* (2011), the first book on Reality Therapy published by APA.

Dr. Wubbolding currently serves as director of the Center for Reality Therapy, Professor Emeritus at Xavier University in Cincinnati and Senior Faculty for The William Glasser Institute in Los Angeles. In 1987, he was personally appointed by Dr. Glasser to be the first Director of Training for the Institute. His past positions have included work with drug and alcohol abuse programs of the U.S. Army and Air Force, group counseling at a women's halfway house, school counselor and teacher. In 2009, Dr. Wubbolding was honored with both the Gratitude Award for Initiating Reality Therapy in the UK from the Institute for Reality Therapy United Kingdom and the Certificate of Reality Therapy Psychotherapist by the European Association for Psychotherapy.



Who Should Attend

- Psychologists
- Counselors
- Social Workers
- Substance Abuse Counselors
- Marriage and Family Therapists
- Case Managers
- Psychiatrists
- Psychiatric Nurse Practitioners
- Mental Health Nurses
- School Psychologists
- College Counselors
- Educators
- Pastoral Counselors

COURSE CONTENT

INTRODUCTION

- ◆ Overview of goals
- ◆ Emphasis on practical and immediately usable ideas

HUMAN MOTIVATION

- ◆ What drives all human behavior?
- ◆ Why people resist and make excuses
- ◆ Why people avoid responsibility and project blame on others

ESTABLISHING CLIMATE FOR CHANGE AND THERAPEUTIC ALLIANCE

- ◆ Eight toxic behaviors to avoid in therapy
- ◆ Eight tonic behaviors facilitating change and better human relations
 - alternatives to resistance

SIMULATED DEMONSTRATIONS

- ◆ Volunteer activity: Specific ways to deal with resistance
- ◆ Discussion of five human motivators applied to the demonstration

THE WDEP SYSTEM

- ◆ Each letter represents a cluster of interventions for use with difficult clients
 - W—exploration of **W**ants and perceptions
 - D—**D**oing: examination of feelings, cognition and actions
 - E—assisting clients to conduct a searching self-**E**valuation
 - P—formulation of concrete and realistic **P**lans for improvement
- ◆ Specific, practical skills and techniques based on solid theory and “best practices”
- ◆ Eight types of self-evaluation
- ◆ Importance of self-evaluation to changing behaviors
 - from resistance to self-responsibility

SIMULATED DEMONSTRATIONS

- ◆ Participants present cases
- ◆ Role play application of the WDEP system

EFFECTIVE, PARADOXICAL TECHNIQUES FOR DEALING WITH DIFFICULT BEHAVIORS

- ◆ Reframing
 - new applications of time-tested technique
- ◆ Prescriptions and directives
 - “joining the resistance” as a way to remove control from ineffective behaviors
- ◆ Ethical considerations
 - caveats and contraindications

Dates & Locations

CLEVELAND - September 20, 2011

Embassy Suites Beachwood
3775 Park East Dr., Beachwood, OH 44122 216-765-8066

CANTON - September 21, 2011

Holiday Inn Canton-North Canton
4520 Everhard Rd. N.W., Canton, OH 44718 330-494-2770

PITTSBURGH - September 22, 2011

Four Points by Sheraton Airport
1 Industry Ln., Pittsburgh, PA 15275 724-695-0002

COLUMBUS - September 27, 2011

Embassy Suites Dublin
5100 Upper Metro Place, Dublin, OH 43017 614-790-9000

DAYTON - September 28, 2011

Crowne Plaza Hotel
33 E. 5th St., Dayton, OH 45402 937-224-0800

INDIANAPOLIS - September 29, 2011

Crowne Plaza Hotel at Union Station
123 W. Louisiana St., Indianapolis, IN 46225 317-631-2221

Course Hours

Registration begins at 7:30 a.m. The seminar **begins at 8:00 a.m.** and **concludes at 3:30 p.m.** Coffee/hot tea provided in a.m. One-hour break for lunch on your own. For late arrivals or early departures, please see amended certificate information under Continuing Education Credit.

Self Study/Audio Products

Audio products include a comprehensive CD recording (audiotape available on request) and companion course manual. If you are registered to attend this seminar, you may order a set of tapes/CDs at a reduced fee. Pricing can be found on the registration form, along with shipping and handling. All pricing given in US currency; please call for international rates. You can order online at our website, by faxing or mailing the registration form on this brochure, or by calling 800-397-0180 or 615-331-4422. All material is under copyright; any duplication is unauthorized without written consent from Cross Country Education. Products in stock will typically ship within 5-7 business days. Call for availability.

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*He is one of my closest and most trusted associates.
I couldn't recommend anyone more highly.*

William Glasser, MD, Founder of Reality Therapy

What You Will Learn

- Identify five motivators for all human behaviors
- Explain why some individuals resist, make excuses and shun personal responsibility
- Gain knowledge of toxic behaviors to avoid in therapy and tonic behaviors for enhancing the therapeutic alliance
- Develop skills regarding the various components of the WDEP system of Reality Therapy
- Explore the intricacies of how to implement eight types of self-evaluation as a pre-requisite for behavioral change
- Observe live role play simulated demonstrations including "take home" techniques
- Discover and utilize two paradoxical techniques that are especially useful for dealing with resistance and avoidance

Confirmations & Cancellations

Confirmations of registration are sent via email within three days of receipt in our office. Add customerservice@crosscountryeducation.com to your email address book to ensure delivery. **If you have not received a confirmation, you may call our office at 800-397-0180 or 615-331-4422 to verify registration.** Cancellations received at least five working days before the seminar are refundable less a \$20 administrative charge per registrant. There is no refund for cancellations received later; however, a credit will be issued toward a future seminar or product order. Please note that if you register and do not attend, you are still liable for full payment. Substitutions may be made at any time. The expense of continuing education, when taken to maintain and improve professional skills, may be tax deductible. Please contact your accountant for complete details.

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Registrants will not receive a certificate until payment has been received and course has been successfully completed. If payment is not received ten (10) days prior to the seminar, the certificate may not be present at the seminar. If your payment is returned marked NSF it will be represented electronically and a processing fee will be charged as allowed by law.

...more audio options with CEUs available

Motivational Interviewing

Understand the benefits of Motivational Interviewing, a directive, client-centered style of working with people.

Self Study audio package #2199

\$169 plus S&H

check out more audio courses at CrossCountryEducation.com



...more audio options with CEUs available

Helping Adult Clients Grow Up

An object relations perspective can enrich your therapeutic work, regardless of theoretical orientation, client population, or treatment setting. Help clients overcome barriers to achieving successful therapeutic outcomes.

Self Study audio package #3337 \$169 plus S&H

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Continuing Education Credit

Psychologists: Cross Country Education is approved by the American Psychological Association to sponsor continuing education for psychologists. Cross Country Education maintains responsibility for this program and its content. This program offers 6 CE credits for psychologists. Full attendance is required to receive credit for psychologist, variable credit for partial attendance may not be awarded based on the APA guidelines.

Nurse Practitioners: Cross Country Education is accredited by the American Academy of Nurse Practitioners as an approved provider of nurse practitioner continuing education. Provider number: 060313. This program was planned in accordance with AANP CE Standards and Policies and AANP Commercial Support Standards. This course is offered for 6.0 contact hours.



Social Workers: Cross Country Education provider #1005, is approved as a provider for social work continuing education by the Association of Social Work Licensure Boards (ASWB), through the Approved Continuing Education (ACE) program (approved through 1-27-12). Cross Country Education maintains responsibility for the program. Social workers will receive 6 continuing education clock hours for participating in this course. Licensed social workers should contact their individual state jurisdiction to review the current continuing education requirements for licensure renewal. Visit ASWB's website at www.aswb.org for more information.



Counselors and Marriage and Family Therapists: Cross Country Education is an NBCC Approved Continuing Education Provider (ACEP™) and may offer NBCC approved clock hours for events that meet NBCC requirements. (NBCC Provider #5904) The ACEP solely is responsible for all aspects of the program. Six (6) contact (clock) hours are being awarded for completion of this program. Cross Country Education is approved through the State of Ohio Counselor, Social Worker and Marriage and Family Therapist Board (provider #RCT091001). This program is offered for six (6) clock hours of continuing education for counselors and marriage family therapists. Licensed counselors and marriage and family therapists in other states should contact their individual state jurisdiction to review the current continuing education requirements for licensure renewal.



Nurses:

Cross Country Education, LLC is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. This course is offered for 6 contact hours.



Cross Country Education is an approved provider with the Iowa Board Of Nursing, approved provider #328. This course is offered for 7.2 contact hours. Cross Country Education is approved by the California Board of Registered Nursing, Provider #CEP 13345, for 7.2 contact hours. Cross Country Education is an approved provider by the Florida Board of Nursing, provider #50-466. This course is offered for 6.0 contact hours.

Alcoholism and Drug Abuse Counselors: Cross Country Education is an approved provider by NAADAC Approved Education Provider Program (Provider #369). This course is offered for 6 contact hours.



Case Managers: CCMC Approved Activity

The course listed above was completed on September 20, 21, 22, 27, 28 or 29, 2011 and is approved for 6 CEUs. Approval number: 00059481-A416. To claim these CEUs, log into your CE Center account at www.ccmcertification.org.

Other professions: This seminar qualifies for 6 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

All professionals: In order to process continuing education, please bring the appropriate license/certification number to the seminar.

Amended certificates: Please note that the credit hours listed above are offered by Cross Country Education and/or boards/associations for a full day's attendance. In the event of late arrival and/or early departure, amended certificates indicating the actual number of credit hours earned will be provided upon calling Cross Country Education.

ADA: If you require ADA accommodations, please contact Cross Country Education at least two weeks before the seminar date or prior to purchasing any online or distance learning products so that arrangements can be made.

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