



## The Cognitive Behavioral Psychotherapy School "Studi Cognitivi"

(Director: dr. Sandra Sassaroli)

Foro Buonaparte 57, 20121 Milan, Italy

www.studicognitivi.net

Acknowledged by the Italian Ministry of Education, University and Research (Ministero dell'Istruzione, dell'Università e della Ricerca - MIUR) by legislative decree, July 23th 2001 (O.J. 230 of 3/10/2001)

and the

# THE ALBERT ELLIS INSTITUTE

Albert Ellis Institute of New York

(Director: dr. Kristene Doyle; Director of Professional Education: prof. Raymond DiGiuseppe)

invite professionals to attend a

**PRIMARY PRACTICUM IN  
RATIONAL EMOTIVE BEHAVIOR  
THERAPY (REBT) CERTIFIED BY  
THE ALBERT ELLIS INSTITUTE**

**on June the 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> 2014  
in Milan (Italy)**

The REBT (rational emotive behavior therapy) Primary Practicum is the first step to learn REBT. "Studi Cognitivi" is glad to have the opportunity to offer the same Primary Practicum as it is presented at the Albert Ellis Institute (AEI) of New York. The class section is lead by the most international important and certificated REBT's therapists and supervisors such as doctor Kristene Doyle, Director of AEI, and professor Raymond DiGiuseppe, Director of Professional Education of AEI and professor of Psychology at the St. John University of New York.

The Primary is an intense three day practicum that includes frontal lessons and practical sessions in which participants can practice peer-counselling supervised by senior teachers. Each group is composed of 8 participants and supervised by one teacher for the whole afternoon.

During the program participants will learn the REBT theory of emotional disturbance and change by leading REBT practitioners. Participants will have the opportunity to practice their REBT skills in small group supervision and receive immediate feedback from an experienced certified REBT supervisor.

### Program Language

Frontal lectures and group practice sessions are offered in English. Consecutive translation into Italian will be available where necessary.

### PROGRAM

Participants will learn to:

Understand and apply the REBT theory of emotional disturbance and change;

Apply the REBT ABC model to a wide range of clinical issues;

Identify, challenge and dispute clients' dysfunctional thoughts;

Construct and teach clients how to have new adaptive thoughts, emotions and behaviors;

Develop and apply homework protocols for treating anxiety anger and depression, as well as other common presenting problems.

### Faculty:

- Kristene A. Doyle, Ph.D., Sc.D., is the Director of the Albert Ellis Institute (AEI). Dr. Doyle is also Director of Clinical Services and a licensed Staff Psychologist and clinical supervisor at AEI. She is Full Adjunct Professor at St. John's University in New York.
- Raymond DiGiuseppe, Ph.D., Sc.D., is the Director of Professional Education and a licensed Staff Psychologist and clinical supervisor at the Albert Ellis Institute (AEI). He is also Professor and Chair of the Psychology Department at St. John's University in New York. He is the President of Division 29 (Psychotherapy) of the American Psychological Association.
- Windy Dryden, Ph.D., Sc.D., is an REBT therapist and supervisor. He is also Professor of Psychotherapeutic Studies at Goldsmiths, University of London.
- Wouter Backx, Drs. Psych, is an REBT therapist and supervisor. He is also the Director of Haarlem REBT Institute (the Netherlands).
- Ennio Ammendola, M.A., is an REBT therapist and supervisor at the Albert Ellis Institute of New York.

**FEE:**

**€ 1250 + 22% VAT;**

**REDUCED FEE FOR STUDI COGNITIVI STUDENTS:**

**€ 1150 + 22% VAT;**

**SUBMISSION:**

Send the registration form and a copy of the bank transfer invoice to:

fax: 02/87238216; e-mail:

l.rossi@studicognitivi.net

subscription's dead-line: April 15<sup>th</sup> 2014

**PAYMENT**

By bank transfer to the following bank account:

Studi Cognitivi srl.

Bank name: Intesa SanPaolo;

IBAN: IT88G0306909420070285070102;

BIC: BCITITMM300;

Reason: "Primary REBT Milan" plus first name and family name;

**VENUE**

The exact location in Milan of the Primary REBT will be communicated via e-mail

**FOR MORE INFORMATION PLEASE CONTACT:**

Ms. Lucia Rossi: l.rossi@studicognitivi.net

**CME VALIDATION:**



Provider Qibli srl (ID n. 2007) will give CME validation for medical and psychological doctors and can be submitted to any national CME agency.

**REGISTRATION FORM**

First Name \_\_\_\_\_

Surname \_\_\_\_\_

Nationality \_\_\_\_\_ Date of Birth \_\_\_\_\_

Street address \_\_\_\_\_

City \_\_\_\_\_

Country \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

e-mail \_\_\_\_\_

CME certification request: Yes \_\_\_\_\_ No \_\_\_\_\_

I would like to subscribe for the:

Primary Practicum REBT

*I authorize the use of my personal data in accordance with the Italian decree law 196/2003*

Date ...../...../.....

\_\_\_\_\_  
Signature