

RESERVATION FORM

Treatment of Stress-Related Disorders is suitable for psychologists, social workers, psychology interns, and graduate school students

Name _____

Highest Degree _____

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This program is available for
3 CE credits*

WCPA Members \$35.00 _____

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Student Members \$15.00 _____

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Total Enclosed \$ _____

Please make your checks payable to WCPE and mail to WCPE, PO Box 339-H, Scarsdale, NY 10583.

DEADLINE: 10/05/10

Cancellations within 10 days of the program will require \$15.00 withheld from the refund.

The Westchester Center for Psychological Education (WCPE) is the Education Committee and Board of Accreditation of the Westchester County Psychological Association (WCPA).

The Westchester Center for Psychological Education (WCPE) is approved by the American Psychological Association to offer Continuing Education credits to psychologists. The Westchester Center for Psychological Education maintains responsibility for the program and its content.

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The Westchester Center for Psychological Education

Presents

TREATMENT OF STRESS-RELATED DISORDERS

Presented by
WILLIAM L. GOLDEN, Ph.D.

FRIDAY, OCTOBER 15, 2010
Scarsdale High School,
Little Theatre,
Scarsdale, New York 10583

Parking available on Brewster Road side of high school or at the Scarsdale Public Library
(three minute walk to the school
(this is a handicapped facility equipped with visual aids)

10:00 a.m. to 1:00 p.m.
(light refreshments will be served)

William L. Golden, Ph.D.

Dr. Golden is on the faculty of Cornell Medical College and is in private practice in New York City and Briarcliff Manor, New York. During the presentation, he will be drawing on over 35 years of experience integrating techniques from cognitive behavior therapy, Rational Emotive Behavior Therapy and hypnotherapy. He has taught numerous workshops at the Albert Ellis Institute, The Institute for Behavior therapy in New York City and The New York Institute for Cognitive and Behavioral Therapies.

He has served on the editorial board of the *Journal of Rational-Emotive and Cognitive-Behavior Therapy* and the *Journal of Cognitive Psychotherapy: An International Quarterly*. In addition, he is the co-author of several books, including *Hypnotherapy: A Modern Approach*, *psychological Treatment of Cancer Patients* and *Mind Over Malignancy: Living with Cancer*, and was the co-editor of *Cognitive-Behavioral Approaches to Psychotherapy*. He has written articles for professional journals and chapters for books on cognitive-behavior therapy, hypnotherapy and behavioral medicine.

LEARNING OBJECTIVES:

This presentation is designed to teach participants the following:

- (1) How to identify and diagnose stress-related disorders.
- (2) How to design CBT treatment plans for stress-related disorders.
- (3) How to apply CBT techniques to the treatment of stress-related disorders.

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Website: [www.westchesterpsych.org](http://www.westchesterpsych.org)

***Treatment of Stress-Related Disorders***

This presentation will cover the diagnosis and treatment of a wide range of stress-related disorders. The CBT model of stress and anxiety will be presented. Participants will learn how psychological factors lead to physical symptoms such as headaches, irritable bowel syndrome and other gastrointestinal disorders. They will learn how to treat psycho-physiological symptoms as well as stress-related disorders such as phobias, panic disorder, and hyperventilation.

Participants will learn how to apply cognitive and behavioral techniques such as cognitive restructuring, relaxation techniques, problem solving and desensitization. Attention will be given to organizing the techniques into a comprehensive treatment approach. Case examples will be used to demonstrate the application of CBT.