



PARTICIPANT'S INFORMATION SHEET

for 2010 Training Programmes

Enquiries to: training@rational.org.nz or PO Box 2292 Stortford Lodge, Hastings. Fax: (06) 870 9964. Ph: (06) 870 9963 (please use e-mail if possible). Website: www.rational.org.nz/training.htm

Emergency contact on course dates: 021-2333-291 (outside of course hours).

Wellington

Venue: Mercure Hotel, 345 The Terrace, Wellington (Regency Room, 5th floor).

Onsite accommodation is available if you need somewhere to stay. The hotel is offering a special discounted rate for participants – contact the Centre, not (the Hotel) for details.

- **Primary Certificate in REBT:** practicum Mon-Thu 24-27 May
- Workshop - **Treating Anxiety Disorders:** Fri 28 May
- 2-day Workshop - **Mindfulness:** Sat-Sun 29-30 May

Hamilton

Venue: Ambassador Motor Lodge, 86 Ulster Street, Hamilton. (Go to level 5 of the tower block).

Reasonably-priced onsite accommodation is available if you need somewhere to stay. Contact the Lodge directly – Online reservations: <http://www.ambassadorinn.co.nz/location.php> / Phone: 0800 800 533 / Email: ambassador@silveroaks.co.nz

- Workshop - **Treating Anxiety Disorders:** Sat 21 Aug
- Workshop - **CBT with Children & their Families:** Sun 22 Aug
- **Primary Certificate in REBT:** practicum Mon-Thu 23-26 Aug

Christchurch

Venue: Christchurch Community House, 141 Hereford Street

- Workshop - **Treating Anxiety Disorders:** Fri 5 Nov
- **Primary Certificate in REBT:** practicum Sat-Tue 6-9 Nov
- Workshop - **CBT with Children & their Families:** Wed 10 Nov
- 2-day Workshop - **Mindfulness:** Thu-Fri 11-12 Nov

Pre-reading

Any pre-reading for your event is enclosed with this information sheet. You will receive other readings at the actual workshops or practica you attend.

Start & finish times

All events (**except for the Primary Certificate in REBT**) begin **9:30 am** & finish **4:30 pm**.

The **Primary Certificate in REBT** begins at **9:00 am** each day to accommodate supervision requirements. Afternoon sessions on the first two days will finish at *approximately* 6:00pm for half the group. On the third day, everyone will finish at 5:00pm. Please keep evening arrangements for the week flexible, as some after hours work may be desirable to ensure you are adequately prepared for the next day. Finish time on the final day will around 3:00pm to allow for travel. Bring your manual and all other learning materials you have received. Advance preparation is described in these materials – please follow the guidelines therein.

Attendance at certificated courses

Full attendance is required for certification. If you anticipate any difficulty in this regard, please contact the Centre as soon as possible.

Parking

As parking is limited at some venues, please arrive early to allow for this and to locate the appropriate room.

Refreshments

Morning and afternoon tea will be provided. You can either bring your own lunch or take advantage of nearby eating places. Some venues have on-site restaurants where meals can be purchased.

Need accommodation?

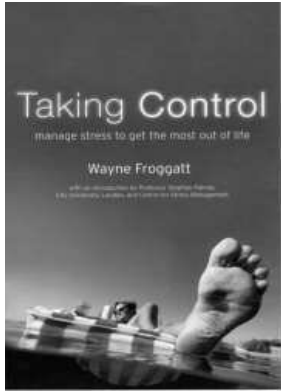
For assistance see the online accommodation search: www.rational.org.nz/prof/training/venues.htm

Withdrawal or cancellation

If you need to cancel your registration, before taking any steps, please read the 'refund, transfer and substitution policy' and follow the instructions therein. The policy is outlined on the letter sent to you confirming your registration (you can also view it on the website at www.rational.org.nz).

New Zealand resources on Cognitive Behaviour Therapy

Professional Counsellors & Therapists: Do you recommend literature to your clients to speed their progress and help them gain self-help skills they can use for the rest of their lives? *Choose to be Happy*, *Taking Control* and *FearLess* will appeal to them as books written with New Zealanders in mind using that most efficient of personal change methods: Cognitive Behaviour Therapy. *Relaxation for the Real World* will add the benefits of a tension-reduction procedure relevant to the realities of everyday life.



Taking Control presents a new approach to stress management based on the idea of personal control using the principles of Cognitive Behaviour Therapy. Topics addressed include:

- What it means to be out of control of oneself or one's life.
- How to assess your own control issues.
- Control over mind and emotions, including worrying and anger.
- Control over your body: healthy living, reducing tension, and sleeping well.
- Control over your life: how to know where your life is going, dealing with other people, getting support without losing yourself, making time to do what's important to you, breaking free of the money trap, managing change, keeping balance in your life, problem-solving, personal control in the workplace, and asking for help.

Taking Control is a complete rewrite of and replaces the earlier book *GoodStress*. It contains a number of self-assessment questionnaires, an extensive index for self-study, and reading lists on self-life control for both the lay reader and the professional helper.



FearLess presents the cognitive-behavioural solution to managing dysfunctional anxiety:

- Understanding anxiety – its causes and various manifestations.
- Why human beings get anxious.
- Developing a self-treatment plan.
- How to identify and change fearful thinking.
- Using behavioural strategies to 'walk the talk'.
- Relaxation training and stress management.
- How to sleep well.
- Overcoming blocks to self-help.
- Effectively using outside help.

The book covers all the main types of anxiety listed in DSM-IV:

- Generalised anxiety disorder / worrying.
- Panic disorder
- Agoraphobic avoidance.
- Social phobia.
- Specific phobias.
- Obsessive-compulsive disorder.
- Post-traumatic stress disorder.
- Hypochondriasis (health anxiety).



FearLess, while written primarily for the lay person, will also be of interest to professionals as a readable, comprehensive guide to the anxiety disorders. It lists both self-help and professional literature on anxiety, and resources on the internet.

Choose to be Happy (Second Edition). As with the previous edition, this new revised version will continue to meet the needs of three client groups:

1. People with clinical conditions such as depression and anxiety.
2. People with common problems like anger, worrying, tension, perfectionism, indecision, guilt, shyness, low self-confidence and approval-seeking.
3. People simply seeking personal growth and self-improvement, who want to be more assertive, make better decisions, procrastinate less, remove blocks to goal attainment and increase self-motivation.

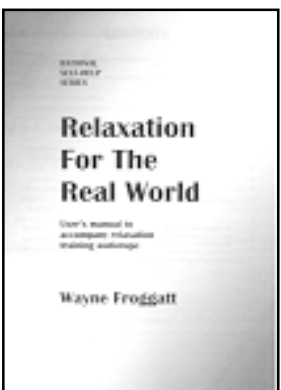
Your clients will appreciate the well-structured step-by-step program for developing self-help skills including a 'how-to' manual and set of exercises to train readers in the technique of Rational Self-Analysis. *Choose to be Happy* also offers something for the helping professional:

- A highly-readable introduction for those new to Rational Emotive Behaviour Therapy.
- An extensive index which will make researching particular topics a speedy task.
- A new synthesis of the approaches developed by the two key cognitive-behaviour theorists: Albert Ellis and Aaron Beck.
- A list of books and journal articles on REBT & general CBT available in New Zealand.

Relaxation for the Real World is an audiotape/compact disk and instruction manual that provides a three-stage method for learning to relax in the situations where tension and anxiety tend to occur.

Once the training period (about 3 weeks) is completed, the client will no longer need to use the tape/CD to let go of tension, and will be able to relax while still carrying out everyday tasks.

The tape/CD has been professionally recorded and contains a method the author has successfully used for over 30 years. If you state you are a professional helper when ordering, a therapist's instruction manual will be included at no charge.



Taking Control, *FearLess*, and *Choose to be Happy*, published by HarperCollins, are available from bookshops that stock self-help literature or via the internet (www.rational.org.nz/bookshop.htm). To obtain *Relaxation for the Real World* please go to the website at: www.rational.org.nz/public/relaxprogramme.htm