



FAQ's

Camp Cognitive Therapy

1. Can I reserve a place now and apply later?

Due to the limited size of the workshop (32 attendees) and the level of worldwide interest, we are unable to "reserve" places.

Camp Cognitive therapy is by individual acceptance only. Once the web brochure is published, fill out all sections of the application form and send it in with the tuition fee. We screen all applications for eligibility and generally respond within two weeks. Our response times are expedited if you give us an email address on your application form (that also qualifies you for a fee discount).

We do recommend that if you are seriously interested in attending that you submit your application as soon as the brochures are available.

2. Do you accept purchase orders?

Unfortunately we do not have the resources to submit invoices or accept purchase orders. Full payment must be included with the application.

3. Can I apply by telephone?

We cannot accept applications by telephone. All applications must be submitted in written form (no exceptions).

Payment can be by international money order (in U.S. dollars) or by check (in U.S. dollars drawn on a US branch). The name, address, and complete AB (9 digit) routing numbers of the U.S. bank must be imprinted on the check.

We also accept payment by Visa or MasterCard.

There are several ways you can submit an application.

> **Fax** to our confidential fax number: **+1 714.963.0538**
(only if you pay with a Visa or MasterCard)

> **Mail** to:

Center for Cognitive Therapy
PO Box 5308
Huntington Beach CA 92615-5308 USA

It is very important to provide your email address in the event we have questions or run into difficulties.

4. Why do you require an email address on the application form?

a) We have applicants from all over the world. When application information is incomplete, difficult to read, or indicates further inquiry, we need to be able to contact you quickly, easily, and inexpensively. Email serves this purpose for us. We can prepare information ahead of time and send it from our time zone and be assured we are not awakening anyone in the middle of the night! Please clearly print your email address. And, don't forget to include complete information. All email addresses must have your email name and an @ sign followed by the internet address.

b) Email is the only way to receive a discount on your workshop fee.

c) Also, we use email to send confirmation of acceptance into the workshop to expedite the process. Since Camp books up very quickly, we can notify people rapidly which allows us to have an accurate assessment of the available openings. Once notified of acceptance, participants can make their travel arrangements.

5. Who is eligible to apply to Camp?

Camp eligibility is in part determined by previous attendance at certain types of training programs. For example, attendees of any of our Winter Workshops, Intensive Training Program, Supervision Summit (Oxford) and previous Camps.

If you have received comparable training in cognitive therapy elsewhere you may be eligible for Camp.

Comparable training would include: extended training from experienced cognitive therapists and supervised practice.

To be able to attend Camp CT you need to be an Advanced or Advanced-Intermediate Cognitive Therapist skilled in case conceptualization, treatment planning, and implementation of cognitive therapy protocols for depression, anxiety and personality disorders. Other skills include the ability to distinguish among automatic thoughts, underlying assumptions, and schemas and familiarity with intervention methods specifically designed to test each level of thought.

Certified cognitive therapists are eligible to attend if they have received their certification from the Academy of Cognitive Therapy (ACT, www.AcademyofCT.org), the British Association of Behavioural and Cognitive Psychotherapies (BABCP, www.BABCP.org) or other similar national certification organizations.

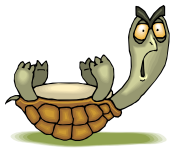
It is helpful if a cognitive therapist who is familiar to us recommends you as "ready to attend Camp."

6. Where is Palm Desert? I cannot find it on my map?



Palm Desert is a small community approximately two and a half to three hours east of Los Angeles and one hour east of the cities of San Bernadino and Riverside. It is approximately 20

minutes southeast of Palm Springs (the nearest well known town). Both Palm Desert and Palm Springs are located in the high desert in Southern California. You will



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need a detailed map of Southern California to see either of these towns.

7. Why do you advise making early reservations at Shadow Mountain?

Shadow Mountain is a very relaxing and comfortable resort. Because the workshop has long breaks between sessions, participants find it convenient to have their room accommodations nearby. Also, there is a great deal of interaction among the participants and those staying on location generally enjoy the opportunity for impromptu gatherings as well as the ability to enjoy solitude and beauty. The resort is a combination of two story buildings scattered throughout 24 landscaped acres. This setting provides a very different atmosphere from a high rise hotel setting.

In order to receive the Camp room discount, you need to make a reservation prior to our cutoff date. Our block of rooms is released after the date published in the current year brochure. The rooms are then reserved on a space available basis at the current rack rate. Previous attendees always recommend we urge people to stay at Shadow Mountain. They report it is a significant part of their positive workshop experience.

8. What is the weather like today in Palm Desert California?

Visit our web site Camp FAQ section. Under this question, we have a link for weather information.

www.wunderground.com/US/CA/Palm_Desert.html

9. How do I get to Shadow Mountain Resort?

Visit www.shadow-mountain.com/contact2.cfm

10. How do I send in my application through email?

We do not accept email applications.

11. What is your cancellation policy?

Due to the extremely limited size of the workshop, cancellations affect us significantly. Your payment, less a \$50 processing fee, is happily refunded if we receive notification in writing no later than the cancellation deadline (see current brochure for dates). After the cancellation deadline, no refund is possible regardless of the reason unless we are able to re-book the space. While we make every attempt to re-book, it is difficult for someone else to make reasonable travel arrangements and re-arrange work schedules at the last minute. By making the cancellation period 5+ weeks in advance, we have some chance of re-booking your position. In order to make re-booking possible, once a workshop fills, we prepare a wait list.

If you apply to the workshop and are not accepted, your monies are refunded in full.

12. If I have attended Camp 2004 or 2005, can I apply for the 2006 Camp?

We welcome repeat applicants! Many people have found it extremely beneficial to repeat a Camp (or even a Winter Workshop).

13. What are the Recommended Readings for Camp?

Visit www.padesky.com/rec_readings_Camp2006.pdf for more detailed information about helpful readings and preparation materials for Camp Cognitive Therapy.

XX. How do I know if this information is current?

Visit the Camp section on our web site for current information. Make sure you check the Updates section and Registration sections for current information.

Web reference: www.padesky.com/camp_faq.htm

Complete BROCHURE available from www.padesky.com/camp.htm