



Can I reserve a place now and apply later?

The only way to secure a place in the Winter Workshop is to fill out the current application form and send it in with the tuition fee. Since Winter workshop is limited to 32 participants and there is worldwide interest, we are unable to "reserve" places.

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

Do you accept purchase orders?

No, **we do not 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.

Can I apply by telephone?

Applications must be submitted in written form. There are several ways you can submit an application.

- 1) By fax (if you pay with a Visa or MasterCard). Our fax number is +1 714-963-0538.
- 2) By Mail to:

**Center for Cognitive Therapy
22022 Hula Circle
Huntington Beach CA 92646 USA**

If you pay by check, make sure the check is in U.S. dollars drawn on a U.S. branch, or an International Money Order in U.S. dollars. We also accept Visa or MasterCard (make sure you provide all required information - print clearly and use black ink).

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

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!

Also, we use email to send confirmation of acceptance into the workshop to expedite the process. Since the Winter Workshop usually sells out early, we can notify people quickly which allows us to have an accurate assessment of the available openings. Once notified of acceptance, participants can make their travel arrangements.

Is Winter Workshop intended for beginning, intermediate, or advanced cognitive therapists?

Therapists of all levels of cognitive therapy experience have attended Winter Workshop and rated their experience as very helpful.

Winter Workshop is ideal for therapists with intermediate through advanced psychotherapy experience and intermediate through advanced-intermediate cognitive therapy experience.

You'll see on the application form we ask a variety of questions about your psychotherapy experience, clinical experience, CT experience (including books read, workshops attended, supervision received), as well as ratings of your mastery level of some essential cognitive therapy skills. Many therapists are highly experienced in psychotherapy but fairly novice to cognitive therapy. Due to the large amount of information we cover and the experiential nature of the workshop, participants need to have exposure and experience with CT prior to attending.

I am an advanced cognitive therapist. Should I attend the Winter Workshop?

Highly experienced cognitive therapists have attended Winter Workshop for the opportunity to revisit the cognitive therapy principles and skills that are central to this therapy. Many experienced cognitive therapists want additional training in skills of guided discovery and schema change processes taught in Winter Workshop. If you were trained before 1995 you many have never learned schema change therapy methods. Others tell us they enrolled in Winter Workshop to observe and learn how we teach cognitive therapy to improve their own teaching.

I am a beginning cognitive therapist. Can I attend Winter Workshop?

That depends. We may ask you for additional information about your exposure to and experience with cognitive therapy. We highly recommend intensive preparation to maximize your learning in Winter Workshop. If you are accepted into the workshop, we will send you a recommended reading list to complete before Winter Workshop begins. Essentially, the more you know ahead of time about cognitive therapy methods and the treatment protocols for depression, anxiety, and personality disorders, the better you are prepared to learn from this intensive week of training. In addition to reading, attendance at other cognitive therapy workshops and review of audio and video training materials help you prepare for Winter Workshop.

Is every applicant admitted to the Winter Workshop?

No. To achieve geographic and multicultural diversity, 50-60% of the spaces are reserved for people residing outside the USA. We also try to maximize the group's diversity in other ways such as type of clinical setting, clinical populations served, and other factors which we think enhance discussions and learning in the workshop. For example, due to the small size of Winter Workshop, we do not admit more than 2 to 3 therapists from the same clinic. We believe our thoughtfulness during the admissions process helps create an exciting learning environment for those who attend.

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Sometimes we recommend therapists wait one year and reapply if we do not think they know enough about psychotherapy or cognitive therapy to benefit from the Winter Workshop. If we make this recommendation to you, we hope you understand our main concern is that you attend Winter Workshop with enough knowledge to make this a worthwhile learning experience for you and the other participants.

I am a Canadian physician practicing as a physician psychotherapist. Am I eligible to attend the Winter Workshop?

In Winter Workshop, we seek to admit applicants who are mental health professionals with an advanced degree in a mental health field and who have a number of years psychotherapy experience and some cognitive therapy experience. Although trained in medicine, most physicians have not studied psychotherapy in a formal academic setting for an advanced degree in a mental health field. In our brochure, when we state "advanced degree in a mental health field required", we specify psychologists, psychiatrists, social workers, marriage / family counselors and psychiatric nurses. General practitioners, family practitioners, or other non-psychiatric types of physicians are not included in the list.

While psychiatrists meet the advanced degree criteria, unfortunately other physicians do not unless formally "retrained." "Retraining" refers to a post graduate professional who completes a formal program to meet the requirements of a graduate degree in psychiatry or psychology.

If you do not meet these criteria, we cannot admit you to the Winter Workshop unless you can document extensive training in psychotherapy and cognitive therapy through supervision, reading and attendance at workshops. If you cannot document this training, we hope you continue to avail yourself of the many opportunities for further cognitive therapy training. Many national and international organizations offer annual conferences with excellent training by the leaders in our field. We welcome you to attend most of the workshops that we offer throughout the United States and Canada (see Padesky Worldwide). Please visit our Cognitive Therapy Training Tapes section for availability of our training materials.

What type of applicant are you seeking?

The average participant in the Winter Workshop is quite skilled in psychotherapy and usually has attended many workshops, read both academic and clinical cognitive therapy texts, and practiced cognitive therapy for several years, often under supervision.

In addition to an advanced degree in a mental health field:

We seek applicants who have enough formal psychotherapy experience that they understand the therapeutic process, the client-therapist relationship, the solid basics of crisis intervention, suicide management, general psychotherapy models and methods, etc.

We also screen applicants for their cognitive therapy experience. The more an applicant knows about cognitive therapy, the more they benefit from the Winter Workshop

and the more they provide experienced role-plays for the other attendees. Winter Workshop is not intended to be the first exposure people have to cognitive therapy. We feel there is too much information to absorb and not enough cognitive therapy knowledge / experience to help integrate the information.

Also, a great deal of learning from colleagues takes place in the workshop (since it is highly experiential) and we want to do all we can to ensure that all participants have a good working knowledge of psychotherapy and a good prior exposure to cognitive therapy.

Do you accept mental health interns?

Generally we do not accept interns. Therapists with a limited psychotherapy and cognitive therapy background have difficulty making use of all the material presented. Since there are many dyadic exercises, we prefer therapists be well-matched in experience to help foster learning for each other. We welcome you to attend most of the workshops that we teach throughout the world (see Padesky Worldwide). Please visit our Cognitive Therapy Training Tapes section for availability of our training materials.

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

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 Winter Workshop room discount, you need to make a reservation before our cutoff date. Our block of rooms is released after the cutoff date listed in our 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.

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How do I send in my application through email?

We do not accept applications via email. However, you can apply by either faxing in your application (and include Visa or MasterCard information) OR by mailing your application with payment by check or Visa / MasterCard. For further details, see page two of the Application Form.

If you attempt to send an application by email, be advised we assume no responsibility for receipt of the application. We are not set up to receive applications in this manner and cannot process applications submitted in this format.

What is the weather like today in Palm Desert California?

Visit our web site Winter Workshop FAQ section. We have a weather box that gives the current temperature & time.

www.padesky.com/ww_faq.htm#weather

Or for more weather information, go directly to:

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

How do I get to Shadow Mountain Resort?

Details are posted at www.shadow-mountain.com/contact2.cfm

Why can't you mail me a brochure?

The only brochure we have available is the one on our web-site. You can print out as many copies of the brochure as you need.

If you are unable to take advantage of the pdf brochure, we have formatted web pages that cover the same information. Please note that it is much easier to print out the pdf brochure than it is to try and print out each web page.

How do I know this information is current?

Visit the Winter Workshop section on our web site for current information. Make sure you check the updates section and registration sections for current information.

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.

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