



**DRUŠTVO ZA VEDENJSKO  
IN KOGNITIVNO TERAPIJO  
SLOVENIJE**

*Gotska 18, 1000 LJUBLJANA - SLOVENIJA*

*Slovenian Association of Behaviour and Cognitive Therapies*

In  
cooperation  
with



Two day workshop

## **Integration of CBT with interpersonal and experiential therapy**

**Prof. Tom D. Borkovec, PhD**

Distinguished Professor Emeritus of Psychology  
Penn State University

Ljubljana, Slovenia (Križanke, Knight's Hall)  
09 – 10 March 2012

Slovenian Association of Behaviour and Cognitive Therapies is announcing a two-day workshop on INTEGRATION OF COGNITIVE-BEHAVIORAL THERAPY WITH INTERPERSONAL AND EXPERIENTIAL THERAPY, which will be implemented by professor Tom Borkovec, PhD.

Tom D. Borkovec, Distinguished Professor Emeritus of Psychology at Penn State University, is one of the most important names in cognitive behaviour therapies. He is the (co)author of over 130 articles in renowned professional journals, contributor in over 65 professional books and (co)author of two books on progressive muscle relaxation. He received several rewards and honours for exceptional research achievements and contributions to science and practice of psychology, he is the honorary member of CBT associations throughout the world, member of the editorial board of professional journals in the fields of clinical psychology and cognitive behavioural therapy, member of various expert groups (for example at the National Institute of Clinical Excellence) and a member of the working group of DSM-IV for generalized anxiety disorder.



Tom Borkovec graduated from psychology at Loyola University in 1966, finished his master degree in 1968 at University of Illinois, where he also finished his PhD in clinical psychology in 1970. He has been professor of psychology at Penn State University for 30 years, where he remained lecturer also after his retirement. Currently, he is a consultant in various research projects and throughout his professional career he has been the head of researchers in several extensive studies, which have been financially supported by NIMH. Research has been initially focused on sleeping disorders, but later on he specialized in generalized anxiety disorder (GAD).

He continues to spread his knowledge and experience into professional audience through workshops, symposiums and conference lectures. He is a regular guest and invited speaker at universities and congresses throughout the world.

## CONTENT OF THE WORKSHOP

First day of the workshop will emphasize Dr. Borkovec's distinctive cognitive behavioral techniques uniquely adapted for treating generalized anxiety disorder.

Conceptual Framework:

- All techniques will be shown to be grounded in empirical findings regarding worry and GAD.
- Technique applications will be based on early behavioral principles.
- The overarching goals of the interventions are to increase attention to present-moment reality and to develop ways of responding to daily life events from intrinsically motivated perspectives.

CBT Technique Domains:

- Teaching the client self-monitoring within and outside of the therapy session
- Teaching the client multiple relaxation methods and their moment-to-moment application within and outside of the therapy session
- The use of standard and unique imagery exposure techniques for rehearsal of new coping responses
- Unique cognitive therapy techniques for generalized anxiety disorder

The workshop will convey its information through didactic presentations, therapy transcripts, and session video-tapes (including the miraculous cure of a severe phobia), along with song lyrics, magic tricks, humor, and poetry.

Second day of the workshop is designed to introduce clinicians to the use of integrated interpersonal and experiential techniques (IEP) in the treatment of generalized anxiety disorder (GAD). Careful attention will be paid throughout to establish the theoretical and empirical bases for the use of specific techniques.

The workshop begins with a brief review of basic research on GAD and chronic worry from our own and others' research centers which increasingly indicated the functional importance of emotional avoidance, specific problematic interpersonal relationships, childhood attachment patterns, and social evaluative fears in the development and maintenance of GAD, and psychotherapy process research findings involving cognitive behavioral and psychodynamic therapies and indicating the potential importance of incorporating interpersonal and experiential interventions into CBT.

The majority of the workshop will be devoted to presenting:

- (a) The main features of our IEP,
- (b) The general and specific techniques for intervening at the interpersonal and emotional levels, and
- (c) How the therapeutic relationship can be employed to facilitate intrapersonal and interpersonal functioning.

The workshop will end with discussions of detecting incipient ruptures in the therapeutic alliance and ways of intervening to repair the alliance. A video-tape of an entire IEP session with a GAD client that demonstrates many of the interpersonal and experiential techniques and that resulted in a dramatic change for the client and her anxiety will be shown.

**Registration fee for the workshop is 190 EUR.**

Registration fee is to be paid based on the invoice, which will be issued and send to you after receiving your registration. After receiving your registration, you will be sent the information on how to reach the venue. Participants are advised to book the accommodation in advance.

**More information:**

Peter Janjušević, clinical psychologist, Training coordinator at SABCT, peter.janjusevic@scoms-lj.si  
Barbara Zemljak, educational psychologist, SABCT office manager, barbarazemljak@gmail.com

**REGISTRATION**

Please register by filling out the registration form provided below and send a scanned form on e-mail address:

barbarazemljak@gmail.com

REGISTRATION WILL BE CLOSED AFTER FEBRUARY 10th 2012!

# REGISTRATION FORM

for two-day workshop

»Integration of cognitive-behavioral therapy with interpersonal and experiential therapy«

*Prof. Tom D. Borkovec, PhD*

Ljubljana, 09 – 10 March 2012

(PLEASE FILL IN ALL THE REQUIRED INFORMATION)

Name and surname: \_\_\_\_\_ Professional title: \_\_\_\_\_

E-mail address: \_\_\_\_\_ Phone number: \_\_\_\_\_

**INFORMATION ON THE PAYER** (circle):

Participant personally

Organization - employer

**Participant personally**

Please provide your postal address: \_\_\_\_\_

Your signature: \_\_\_\_\_

**Organization:**

The exact name and postal address of the organization:

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