

Training Workshop on Cognitive Behavioral Therapy (CBT)

This Workshop will provide an overview of cognitive behavioral therapy (CBT) with special focus on a case formulation approach and interventions such self-monitoring, relaxation training, systematic desensitization, flooding or exposure, reinforcement procedures, stress-inoculation training or coping skills training, cognitive restructuring, problem-solving, and behavior rehearsal (including social skills training).

Mindfulness- and acceptance-based approaches (i.e., Mindfulness-Based Cognitive Therapy (MBCT), Dialectical Behavior Therapy (DBT), and Acceptance and Commitment Therapy (ACT)), will be briefly covered.

A Biblical approach, a critique of CBT and the use of inner healing prayer and Scripture will be presented.



Rev Dr Tan Siang Yang, PhD, serves as Senior Pastor of First Evangelical Church Glendale and Professor of Psychology at Fuller Theological Seminary (USA).

He is also a clinical psychologist who has authored numerous books and journal articles on counseling and psychology. His latest book is a major textbook, Tan, S. Y. (2011). *Counseling and Psychotherapy: A Christian perspective*. Grand Rapids, MI: Baker Academic.

June 17 (Sat) • 9am–5pm

TCA College

Trinity@Paya Lebar, 249 Paya Lebar Road

Who can attend?

Counselors, Psychotherapists, Psychologists, Pastors, Social Workers, People-Helpers, and anyone who wants to make a difference in the lives of others.

Continuing Professional Education Hours

7 Hours of CPE Credit is being applied for with the Singapore Association for Counselling. Participants will be issued a certificate of attendance indicating the CPE Hours upon approval by SAC.

Fee: \$70 per pax

Closing date for registration: June 10 (Sat)

Checks are to be made payable to
“TCA College” and mailed to TCA College
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To register or for more information, contact us
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