

Live, Local and Relevant Workshop Series of Vista Psychological & Counseling Centre Presents:

Cognitive Behavioral Therapy for Rumination: An Overview

Goals:

1. To provide students with the basic assumptions of cognitive behavioral therapy rumination and its therapeutic interventions
2. To know the basic concepts of cognitive behavioral therapy for rumination
3. To understand the distinction with cognitive behavioral therapy, various techniques and application of the theory to depression and other rumination process problem areas

This Live Workshop has been approved by the Ohio Psychological Association (Provider #262155946) for 6 Standard CE hours. Programs approved by OPA are accepted by the Ohio Counselor, Social Worker and Marriage and Family Therapy board.

Presenter: Robert A Humphries Ph.D.

About the Presenter: Dr. Bob Humphries brings a wealth of teaching experience to his presentations. He retired as an Associate Professor at Walsh University in July of 2020 after 21 years as a fulltime instructor, having served as an adjunct for the 10 years prior. His nearly four decades of clinical work in the community and continued at his private practice at Vista Psychological & Counseling Centre in North Canton, Ohio beginning in May of 2008 augment his teaching with a wealth of stories, antidotes and clinical experiences to share.

When: April 26, 2024

Where: Vista Psychological & Counseling Centre, LLC
1201 South Main St. Suite 100
North Canton, Ohio 44720

Registration: 8:30am – 9:00am

Workshop: 9:00am – 4:00 pm (includes 1-hour lunch break and lunch)

Cost: \$65