



Cognitive Behavioral Consultants

Dedicated To The Psychology Of Well-Being

Manhattan - Westchester  
[www.cbc-psychology.com](http://www.cbc-psychology.com)

**FOR IMMEDIATE RELEASE**

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**Two-Day Workshop Scheduled for Mental Health Professionals with Dr. Alan Fruzzetti**  
*Helping Dysregulated Partners, Parents and Families move toward safe and skillful outcomes*

**Westchester (January 25, 2018)** – Cognitive and Behavioral Consultants (CBC) will host a Two-Day workshop May 16th - May 17, 2018 at the Schwartzberg Training Center at CBC, located at 1 North Broadway in White Plains, New York. Dr. Alan E. Fruzzetti, Director of the Boys Residential DBT Program and Director of Training in Family Services for 3East Programs at McLean Hospital will be the presenter. Attendees will acquire the ability to apply DBT concepts and strategies in their current practices and no prior training in DBT is required.

Dr. Fruzzetti will teach and demonstrate:

- Family interventions to reduce severe dysfunctional individual behavior;
- Individual DBT skills adapted for families;
- Specific family skills;
- Additional interventions to improve family relationships in general, and thus to help families become less destructive, and more peaceful and loving.

Mental health professionals and students of all degrees (MDs, PhDs, PsyD, LCSW, MSW, marriage and family therapy counselors, LMHCs, etc.) are invited to attend to build and deepen their understanding of DBT principles in practice. New York social workers and all psychologists will receive 12 continuing education credit hours upon completion of the workshop.

For more information or to register for the workshop, visit <https://www.cbc-psychology.com/event/dbt-two-day-workshop/>. Questions can be directed to [914-385-1150](tel:914-385-1150) or via email at [skrasniqi@cbc-psychology.com](mailto:skrasniqi@cbc-psychology.com). Registration and payment if post marked by April 19 will be \$550 and postmarked after April 19 will be \$600. Student and Group rates are available upon request.

**About Cognitive & Behavioral Consultants, LLP**

CBC is a center comprised of internationally recognized mental health professionals who have researched, pioneered, and are highly experienced in delivering cutting edge evidence-based treatments that help adults, adolescents, and children live more fulfilled lives. Founded in 2004 by Drs. Lata K. McGinn and Alec L. Miller, leaders in the fields of Cognitive Behavioral Therapy and Dialectical Behavioral Therapy, the CBC team provides a large array of Clinical and Wellness services to the public, provides Custom Designed Programs for schools, agencies, and businesses, and Continuing Education for Professionals in the field of psychology.

Cognitive & Behavioral Consultants (CBC) is approved by the American Psychological Association to sponsor continuing education for psychologists. CBC maintains responsibility for this program and its content. Cognitive & Behavioral Consultants, SW CPE, is recognized by the New York State Education Department's State Board of Social Work as an approved provider of continuing education for licensed social workers #0219.

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