



AGENDA
Effective Integrative Counseling and Psychotherapy
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Note: All times are Pacific Time

10:00 – 10:10: Welcome and introduction

10:10-10:30: Integrative Counseling and Psychotherapy

- 150 Years of scientific advances
- Integrating EBTs from various schools

10:30 – 11:30: Integrative/Eclectic Work, Step by Step. Part I

- Effective in-session work
- Effective between-session work
- Integrating cultural and religious practices with evidence-based therapies
- Case vignettes

11:30 – 11:45: Morning Break

11:45 – 1:15: Integrative/Eclectic Work, Step by Step, Part II

- Working with diverse clientele
- Integrative work with PTSD and CPTSD
- Preparation and prevention: lapses and relapses
- Mindfulness and metastability
- Case vignettes