Understanding and Treating Procrastination and Lack of Motivation from a Cognitive-Behavior Therapy Perspective

Friday, February 2, 2018, 8:30 am - 4:30 pm
3000 Johnson Rd. SW, Huntsville, AL 35805
6 Contact Hours to be awarded at completion of workshop
Cost to attend - $70.00
PRE-REGISTRATION IS REQUIRED. THERE WILL BE NO ON-SITE REGISTRATION.

Registration form and fee must be received by Monday, January 29, 2018

Class is limited to the first 40 registrants. You will be notified if we receive your registration after all 40 spots have been filled.

Name:___________________________________________________________

Address:_________________________________________________________

Phone:_________________________ Email:______________________________

Request(s) for accommodations: _______________________________________

Make checks payable to The Balanced Life. Mail check and registration form to:

ATTN: Dana Hampson
9238 Madison Blvd. Bldg. 1 Suite 800 Madison, AL 35758

Further inquiry contact: dana@thebalancedlifellc.com or 256.258.7777 x 101. You may also pay via credit card. Please call or email Dana to make arrangements.

Content Description and Objectives:

In this training participants will learn the cognitive behavior therapy model for working with clients who experience procrastination as a stumbling block to reaching goals and living a more fulfilled life. Based on the book by Monica Ramirez Bascom, PhD, and renowned CBT expert, The Procrastinator’s Guide to Getting Things Done is CBT based and is practical, simple, and useful in our work as therapists.

This interactive and fun creative training is one you won’t want to miss!

The Balanced Life, LLC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6838. Programs that do not qualify for NBCC credit are clearly identified. The Balanced Life, LLC is solely responsible for all aspects of the programs.