

Y-CBT Training - Level 2: Practicum

Sunday June 2, 2019: 9:00am to 5:00pm
at Pathways Wellness Center: 969 Main Street, Millis, MA

This full-day course teaches participants how to effectively use the three components of the manualized Y-CBT group treatment model: didactic material, the group therapy process and the yoga.

Participants will receive and review all materials necessary to run the groups, including the Leader's Manual and a Power Point presentation.

Participants will:

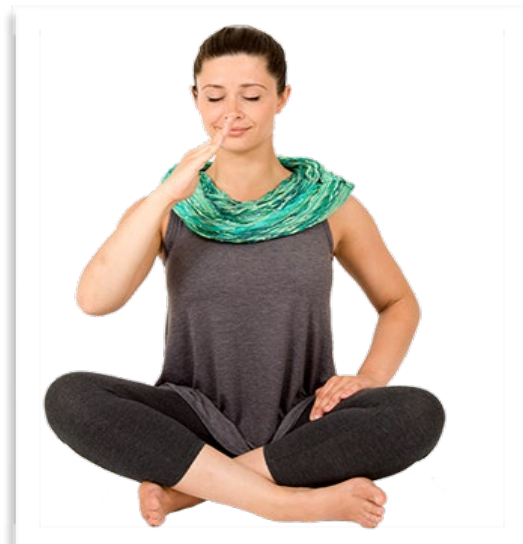
- Practice the methodology and gain competency in delivering the three components of the treatment model.
- Receive detailed instruction in the yoga and meditation with careful oversight by the instructors.
- Obtain skills necessary to lead the 6-week Y-CBT group treatment program.

Fee: \$225

Audience: Social Workers, Psychologists, Counselors, And Licensed Healthcare Professionals

Pre-Requisites: [Introduction to Y-CBT](#) and [Level 1](#)

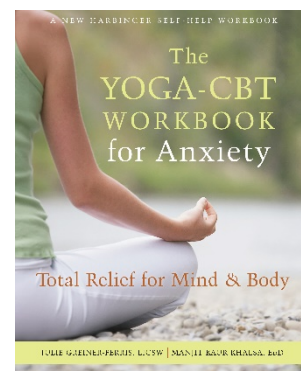
* CEUs are available for Social Work and LMHC at an additional fee of \$30. Application for social work and LMHC continuing education credits has been submitted. Please contact us at info@y-cbt.com for the status of social work or LMHC CE accreditation.



Dr. Manjit Kaur Khalsa Ed.D is co-creator of YCBT (Yoga-Cognitive Behavioral Therapy), a highly experienced Psychologist, a long time yoga teacher/student of Yogi Bhajan and the President of Sikh Dharma of MA, which oversees Guru Ram Das Ashram, Millis, MA.



Julie Greiner Ferris LICSW is a Licensed Independent Social Worker with 25 years of experience in the treatment of mental health issues. A graduate of Boston College GSSW, she is co-creator of Y-CBT (Yoga-Cognitive Behavioral Therapy), and is the Director of Outpatient Services at Riverside Community Care, in Upton MA.



YOGA - COGNITIVE BEHAVIORAL THERAPY

www.Y-CBT.com

508.960.9228 (YCBT)

Info@Y-CBT.com

Visit us on Facebook: Y-CBT