

## Training- Level 1: Elements of Y-CBT:

Saturday June 1, 2019: 9:00am to 5:00pm

This full day training provides participants with comprehensive instruction in facilitating the Y-CBT group treatment model. Participants will learn how to address the symptoms of anxiety and depression by combining traditional psychotherapy with yogic practices and philosophies.

### Participants will:

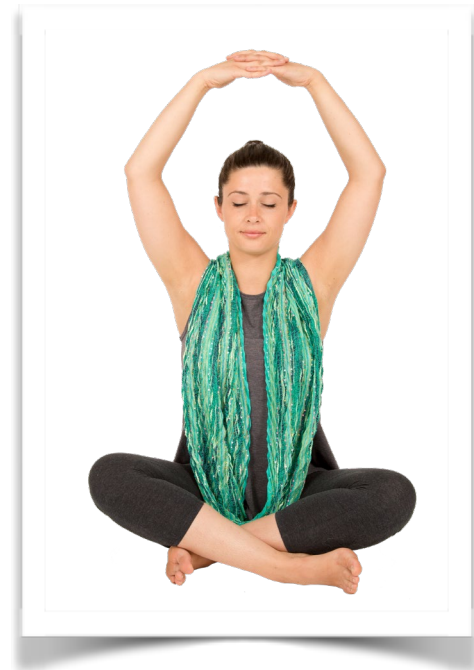
- Learn how psychological and yogic practices are integrated in Y-CBT.
- Receive instruction in the specific therapeutic yoga sets and meditations used in Y-CBT.
- Understand the elements that make up the 6-week Y-CBT groups.
- Practice techniques with detailed instruction by the presenters

**Fee:** \$180\*

**Audience:** Therapists, Social Workers, Psychologists, Doctors, Nurses, Yoga teachers.

**Pre-Requisite:** [Introduction to Y-CBT](#) is a pre-requisite for this training.

\* 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](mailto: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.

