

# Y-CBT Training - Level 2: Practicum

**Sunday, May 31, 2020 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](#)

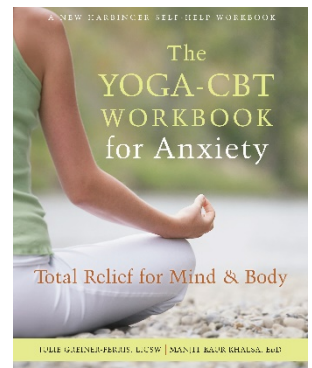
\* CEUs are available for Social Work and LMHC at an additional fee of \$30. Application for social work and LMHC continuing education credits has been submitted. Please contact us at [info@y-cbt.com](mailto:info@y-cbt.com) for the status of social work or LMHC CE accreditation.



**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.



**YOGA - COGNITIVE BEHAVIORAL THERAPY**

[www.Y-CBT.com](http://www.Y-CBT.com)

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