



TEAM Method for Cognitive Behavioral Therapy

offered by UNM Continuing Education

TEAM Method for Cognitive Behavioral Therapy

This Lunch & Learning workshop is an introduction to TEAM cognitive-behavioral therapy, a revolutionary approach developed at Stanford University by David Burns MD. TEAM is an acronym for the four components of the model, Testing, Empathy, Agenda Setting, and Methods. TEAM is an evidence-based, high-speed approach to treating a wide range of mental disorders including addiction, anxiety, depression and PTSD. The workshop will provide an overview of TEAM and give participants plenty of time for supervised practice of the active ingredients of the system. Upon completion participants will have 10 new cognitive-behavioral tools that they can begin using immediately in any practice setting. The course is taught by a certified T.E.A.M. professional; psychologists, physicians, nurses, counselors and social workers will find this workshop invaluable for boosting their treatment and relapse prevention skills. Lunch is provided.

Course: 62376 SUA
8:30am-5:30pm 8 hours

June 20, Friday
\$169

Instructor: Daniel Mintie, MSW, LISW, LCSW

Location: CE South Building, 1634 University Blvd NE, Albuquerque, NE 87102



**Daniel Mintie,
MSW, LISW, LCSW**

Daniel Mintie, LISW, is a clinical social worker with over 24 years experience treating children, adolescents and adults. Mr. Mintie is certified through Dr. David Burns' Feeling Good Institute and trains regularly with Dr. Burns and with his Stanford University colleagues. Mr. Mintie trains local professionals in TEAM therapy, Dr. Burns' high-speed cognitive-behavioral approach to treating addictions, anxiety, relational conflicts and depression.

To Register:

Call 277-0077 to register or register online at ce.unm.edu.

For more information:

Contact Loree Nalin, Program Supervisor at hhs@dce.unm.edu or 505-277-6025.