



**Marti Godfried, MS, Ed,**  
Owner  
The Journey Counseling Center

**WORKSHOP TITLE:**

**Cognitive Behavioral Theory:** Understanding the cognitive process and its effects on behavior

**WORKSHOP DETAILS**

Tuesday, May 12, 2009

9:00 a.m. to 12:15 p.m.

Hayes Services Building, Room G-35

Delaware, Ohio 43015

\$45 per person; 3 CEUs for Counselors and Social Workers

**PURPOSE**

This workshop is designed to teach participants how to incorporate the basics of the Cognitive Behavior Therapy model as introduced by Albert Ellis into your practices or with your staff. Participants will be provided with an understanding of how one's thoughts, beliefs, and perceptions about situations create stress and affect the psychological, cognitive, and behavioral response to the situation.

**LEARNING OBJECTIVES**

- Understand the underlying concepts of stress from a cognitive and behavioral structure.
- Recognize the elements of stress.
- Understand reactions to stress.
- Understand how to reverse our reactions to stress.

**Marti Gottfried MS.Ed.** is a licensed professional counselor and holds a Master of Science and Education from Capital University. She graduated Magna Cum Laude with a major in Psychology. She holds an MA in Community Counseling from the University of Dayton and is certified by the National Board for Certified Counselors.

Her professional affiliations include membership in The American Counseling Association, The Ohio Counseling Association, and The Association for Creativity in Counseling.

Mari is affiliated with St. Vincent's Family Center in Columbus, Ohio where she is a psychotherapist working with children and families. She also maintains a private practice, The Journey Counseling Center located in Westerville. She is in the process of completing her clinical residency work.

Ms. Gottfried lives in Westerville with her husband. She has two children and two dogs.