



**Nancy Duffee, MA**  
Licensed Professional Counselor

**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 affects 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.

**Nancy Duffee, MA, Licensed Professional**

**Counselor**, is certified by the National Board for Certified Counselors (NBCC). She holds a BA in Cross Disciplinary Studies from Ohio Dominican University, is a graduate of CoachU Training Institute with a focus on career and life coaching, and has a MA in Counseling from Methodist Theological School in Ohio.

Her professional affiliations include being a member of the American Counseling Association, Ohio Mental Health Counseling Association, Ohio Counseling Association, Ohio Association for Spiritual, Ethical & Religious Values in Counseling, and the International Coach Federation.

Her community involvement includes being a current member of Delaware County United Way Community Impact Council, as well as the United Way Senior Impact Task Force member, a Trenton Township Zoning Board member, and Ecumenical Youth Group council member. Nancy is also currently affiliated with Transitions Counseling, LLC, in Delaware as a psychotherapist and is in the process of completing her clinical residency.

Nancy lives in Sunbury with her husband. She has two children and a grandson.