

REGISTRATION FORM & TAX INVOICE  
ABN: 24 100 778 005

**EARLY BIRD REGISTRATIONS MUST  
BE RECEIVED BY: 06/10/2008**

**EARLY BIRD REGISTRATION: \$220  
REGULAR REGISTRATION: \$275**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Dietary Requirements: \_\_\_\_\_

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Cheque to Soteria Consulting enclosed

Credit Card Payment: VISA  MC

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Expiry Date: □□-□□

Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_

**ACCEPTANCE OF TERMS AND CONDITIONS**

Registrations cannot be processed without the confirmation of the following:

I have read, understood and accept the Terms and Conditions of Registration advised on this brochure.

The registration fee includes:  
Morning and afternoon tea, lunch,  
and some workshop materials

Workshop Address:  
St. Kilda Community Church  
306A St. Kilda Rd, St. Kilda  
(Cnr of Inkerman St & St. Kilda Rd)

Postal Address:  
Soteria Consulting P/L  
PO Box 271, Ormond, VIC, 3204

Email: [info@soteriaconsulting.com](mailto:info@soteriaconsulting.com)  
Website: [www.soteriaconsulting.com](http://www.soteriaconsulting.com)  
Phone: (03) 9534 1414  
Fax: (03) 9534 2424

*Soteria  
Consulting Pty. Ltd.*

**Using the Teachings  
of Jesus in  
Cognitive Therapy**

**Saturday,  
15<sup>th</sup> November 2008  
9am to 5pm**

**Enquiries:  
(03) 95341414**

## Dr. Michael Free

Dr. Michael Free has over 25 years of experience working as a clinical psychologist. He completed his training in clinical psychology at the University of Canterbury in Christchurch, New Zealand. He then joined Queensland Health for 12 years of services. Subsequently, he accepted a teaching position in clinical psychology at Griffith University in 1993. He obtained his PhD in 1997, and currently runs a private practice in Ipswich and Brisbane.

Michael has published a number of research papers on depression, and a book, "Cognitive Therapy in Groups", in 1999 and its 2<sup>nd</sup> edition in 2007. The new edition of "Cognitive Therapy in Groups" incorporates schema-focussed techniques. Michael is currently working on a book that integrates the teachings of Jesus with the principles of cognitive therapy.

Cognitive therapy for emotional and personality disorders is concerned with modifying a person's belief system. Many people participating in cognitive therapy have some degree of commitment to Christianity, a particular religious belief system. Religious beliefs are often very crucial to a person's functioning, especially his or her emotional functioning. Analysis shows that the key themes in the teachings and the behaviour of Jesus are relevant to issues addressed in cognitive therapy for people with emotional disorders. It is important to consider the client's religious beliefs during cognitive therapy since they have the potential to impede or enhance the success of therapy.

The workshop introduces participants to the use of the authentic teachings of Jesus in cognitive therapy. Contents of the workshop will include:

- Review of the principles of Cognitive Therapy
- Introduction to some of the principles of Biblical Scholarship, with particular reference to the "New Quest" for the historical Jesus
- Contiguities between the teachings of Jesus and the process and the content of Cognitive Behaviour Therapy
- Contents of Jesus' teaching on logic, worth of persons, wealth, status and power, living in the moment, forgiveness
- Exercises for use with clients for both propositional and implicational content

Participants will be able to identify the client issues that are relevant to the teachings of Jesus, to gain a better understanding of which specific teachings (Bible passages) can be used for those client issues, and be provided with some exercises to use with clients suffering from relevant problems. The teaching methods will include a didactic presentation of material, discussions, practices in using resources, and demonstrations of the exercises.

## TERMS AND CONDITIONS

### Confirmation of Registration

Registration is not confirmed until payment is received. A confirmation email will be sent to you once the payment has cleared.

## CANCELLATION POLICY AND DISCLAIMER

Refunds less a \$50.00 administration fee are given for cancellations received in writing via fax, email or mail to Soteria Consulting by 5pm on Friday 27<sup>th</sup> June 2008. Refunds are NOT possible after the cancellation date, regardless of personal circumstances. The cancellation policy is final and is not negotiable. Soteria Consulting P/L regrets the difficulties that a person may experience: medical conditions and emergencies, severe weather or transport difficulties. However, the logistic of event management prevents Soteria Consulting P/L from assuming responsibility for these contingencies.

## TRANSFER OF REGISTRATIONS TO ANOTHER PERSON

Registrations are transferable to another person when FULL PAYMENT has been made and upon notification to Soteria Consulting P/L.

Soteria Consulting P/L reserves the right to change any content of the workshop or to cancel the workshop.