



***Illuminating Relevant Clinical Issues
& Networking with Colleagues***

100% WORTHY: HOW OUR CORE BELIEFS SHAPE OUR LIVES

What are core beliefs and where do they come from? How do we identify core beliefs and change ones that are dysfunctional and painful? Based on CBT principles, Shannon Wilson will provide an overview of how our core beliefs about ourselves influence our lives and our ideas on how others should treat us.

Exercises will be interspersed throughout the evening and may include identifying dysfunctional thinking and thought patterns, role play, modeling, utilizing select inventories to help identify themes, depressive thoughts, and dysfunctional patterns, and practicing some key phrases that can significantly change our relationships.

Friday, December 2, 2011
7:00-9:00 PM, 3rd Floor, Room 324/326
Networking Begins at 8:30 PM
Pepperdine University - Irvine Graduate Campus



Shannon Wilson, Psy.D., is a native of Long Beach, California, and completed her M.A. and Psy.D. degrees at Pepperdine University. Once on her career path, Dr. Wilson found an affinity for testing through working within a group private practice specializing in ADHD assessment as well as by being a registered psychologist for the county of Orange. Wanting to give back for her educational experience at Pepperdine, Dr. Wilson began teaching at Pepperdine's Graduate School of Education and Psychology in 2004. She currently teaches Theories of Learning and Assessment for Marriage and Family Therapists at Pepperdine's Irvine Graduate Campus.

If you are unlicensed, you may be able to get hours towards licensure with your clinical supervisor's approval! This is a FREE event!

Please RSVP to Kathleen Wenger at psyprofdev@pepperdine.edu.

This event is sponsored by the M.A. Clinical Training & Professional Development office.