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THE RELATIONSHIP TRAINING INSTITUTE PRESENTS

SUPERHERO THERAPY: Using pop culture to improve therapeutic alliance and enhance evidence-based treatment

Presenter: Dr. Janina Scarlet, Ph.D.

October 13, 2017 (Friday)

Popular culture, including superheroes and characters from fantasy and science fiction, has become an important part of American life. *Superhero Therapy* incorporates pop culture examples as metaphors for teens and young adult clients who struggle with depression, anxiety, PTSD, eating disorders, addiction disorders, (as well as clients on the autism spectrum) into evidence-based treatments—including cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), and dialectical behavioral therapy (DBT).

Superhero Therapy involves more than just enhancing therapeutic alliance with clients who connect with pop culture elements. It involves actively integrating pop culture with behavioral modification skills, such as behavioral exposures, mindfulness, and committed action to increase client buy-in and enhance treatment outcomes. Join international speaker/trainer Dr. Janina Scarlet in exploring *Superhero Therapy* and learn how to better help your clients in promoting positive changes. After all, even Superheroes need help sometimes.

In this workshop you will learn:

- What is *Superhero Therapy*?
- How to help the client identify their origin story
- How to incorporate pop culture into evidence-based treatment, such as CBT, DBT, and ACT
- How to use *Superhero Therapy* to promote behavioral changes

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For more information:

**Visit our website at www.RTIprojects.org or
Contact Suzanne Smyth-Cohen at 619.296.8103, ext. 10
E-mail: info@RTIprojects.org**

ABOUT THE SPEAKER:

Dr. Janina Scarlet, Ph.D., is a clinical psychologist, a scientist, and a full-time geek. A Ukrainian-born refugee, she survived Chernobyl radiation and persecution. She immigrated to the United States at the age of 12 with her family and later, inspired by the "X-Men," developed *Superhero Therapy* to help patients with anxiety, depression, and PTSD. Dr. Scarlet has been using this approach with active duty service members, veterans, and civilians. She has contributed to pop culture psychology books, such as *The Walking Dead Psychology*, *Star Wars Psychology*, *Star Trek Psychology*, *Game of Thrones Psychology*, *Doctor Who Psychology*, *Wonder Woman Psychology*, *Supernatural Psychology*, and *Captain America vs. Iron Man Psychology*, and she has presented at conferences to enthusiastic audiences throughout the world. Her new book, *Superhero Therapy*, was just released by New Harbinger in 2017.



DATE, TIME & LOCATION:

October 13, 2017 (Friday)
Registration: 8:00 AM
Workshop: 8:30 AM - 4:00 PM
National University-Spectrum Campus
9388 Lightwave Avenue
San Diego, CA 92123

FEES

\$160 (paid registration by Sept. 18)
\$175 (paid after Sept. 18)
\$145 Allied Agency/ Full-time Student
(paid by Sept. 18)
\$160 Allied Agency/ Full-time Student
(paid by Sept. 18)

Registration Options:

On-line: www.RTIprojects.org
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This workshop is approved for 6.5 Continuing Education Hours for advanced continuing education for psychologists, LCSWs, MFTs, NBCC, and NAADAC.

