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THE RELATIONSHIP TRAINING INSTITUTE PRESENTS

SUPERHERO THERAPY: Building Emotional Resilience Skills by Becoming a Superhero In Real Life!

Presenter: Dr. Janina Scarlet, Ph.D.

May 10, 2019 (Friday)

RETURN ENGAGEMENT—Here's what attendees said about the Superhero Therapy workshop in 2017:

- *Leaving feeling super motivated*
- *Professional, entertaining, and knowledgeable*
- *One of the best classes I've taken in years!*
- *Best training I have ever done!*
- *Dynamic, clear, and thorough*

Popular culture, including superheroes and characters from fantasy and science fiction, has become an important part of American culture. *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. The workshop will include discussion about the relevance of Superheroes given the stress of contemporary life and how they can add motivation, humor, meaning and emotional valence to psychotherapy.

In this workshop you will learn how to...

- Help clients identify personal origin stories
- Incorporate pop culture into evidence-based treatment, such as CBT, DBT, and ACT
- Utilize narrative exposure therapy (NET) techniques using pop culture
- Incorporate interactive choice-based game into therapy
- Use *Superhero Therapy* to promote behavioral changes

RTI is approved by the American Psychological Association to sponsor continuing education for psychologists. RTI maintains responsibility for this program and its content.

RTI has been approved by NBCC as an Approved Continuing Education Provider, ACEP#6181. Programs that do not qualify for NBCC credit are clearly identified. RTI is solely responsible for all aspects of the program.

For more information:

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

ABOUT THE SPEAKER:

Dr. Janina Scarlet, Ph.D., is a Licensed Clinical Psychologist, an author, 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. Her work has been featured on BBC, CNN, CW, ABC, Huffington Post, the Nerdist, Bleeding Cool, and many other outlets. She is also a known panelist at San Diego Comic-Con and maintains the *Superhero Therapy* blog, as well as blogs for Psychology Today, and SYFY where she discusses trends in popular culture as they apply to psychology. Dr. Scarlet is the author of *Superhero Therapy*, *Harry Potter Therapy*, *Therapy Quest*, *Dark Agents*, and has contributed to a number of pop culture psychology books, such as *Star Wars Psychology*, *Wonder Woman Psychology*, *Game of Thrones Psychology*, and many others.



DATE, TIME & LOCATION:

May 10, 2019 (Friday)
Registration: 8:00 AM
Workshop: 8:30 AM - 4:00 PM
National University-Spectrum Campus
9388 Lightwave Ave., San Diego, CA

FEES

- \$160 (paid registration by April 15, 2019)
- \$175 (paid after April 15, 2019)
- \$145 Allied Agency/F-T Student, SDPA, SD-CAMFT, SD Psychoanalytic (paid by April 15, 2019)
- \$160 Allied Agency/F-T Student, SDPA, SD-CAMFT, SD Psychoanalytic (paid by April 15, 2019)

Registration Options:

On-line: www.RTIprojects.org
Fax: 619.296.5027
Mail: 4036 Third Avenue
San Diego, CA 92103
Call: 619.296.8103 ext.10

This workshop is approved for 6.5 Continuing Education Hours for advanced continuing education for psychologists, LCSWs, MFTs, NBCC, and NAADAC.



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