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:
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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.