

MAY 18, 2010

## COGNITIVE-BEHAVIOR STRATEGIES

Coping according to Cognitive Behavior Strategies (CBS) theory is thinking about the negative in a framework of how to change it and not believe it. Thinking about negative thoughts to change them and not to believe them is a strategy that is most effective. Journaling and thought logs are important tools in the theory that drives CBS. Systematic desensitization is an example of this process. Systematic desensitization is one means to overcome fear/anxiety. All fears, but specifically for the purposes of this presentation, fear of failure and fear of success. CBS is considered a treatment system requiring goal-setting and action using the tools of journaling and thought logs. Theoretical frameworks guide the use of interventions in certain settings to increase positive social indicators.

### **INSTRUCTOR DR. CHARLES SCULLY STIKES, PH.D.**

**DR. CHARLES SCULLY STIKES, PH.D.** is an educator, theologian, and psychotherapist who have spent his life studying, teaching, consulting, and counseling others regarding issues of diversity, international development, and educational problems at all level, and the positive development of mental health in all persons. Dr. Stikes has a BA in Biological Sciences and Psychology, Med. in Rehabilitation Counseling, MA in Sociology and Anthropology, Master of Divinity, and Ph.D. in Counseling. He is well published as an educator. He has written numerous articles dealing with student development, multicultural and international issues, and a book, Black Students in Higher Education. Dr. Stikes is currently a Professor of Counseling and Sociology at Missouri Baptist University and an Ordained Baptist Minister. He served as Associate Minister at Washington Tabernacle Missionary Baptist Church in St. Louis.

**Location:** 11300 St. Charles Rock Road, Bridgeton, MO 63044

**Time:** 8:30am-12noon

**Cost of Workshop:** \$75

**3 CEHs:** Washington University, George Warren Brown School of Social Work for MO & IL

**3 CEHs:** NBCC