

# THE ARBINGER INSTITUTE

## Continuing Education Courses

*Learn Insightful Methods for Getting Out of the Box of Self-Deception and Fostering a Heart of Peace*

### Understanding Self-Deception

How do you help someone see what they don't want to see? That is the central challenge that The Arbinger Institute's work is designed to overcome. Our materials introduce people to a little-known, but pervasive, problem: self-deception. Our methodologies help people overcome it. Most conflicts are perpetuated by self-deception and so are most failures in communication and most breakdowns in trust and accountability. Clearly, as long as the problem of not knowing one has a problem remains, so will all other problems.

Come and learn how we help individuals, families, and organizations see radically new ways to understand and to solve problems, finding solutions that help them to live more happily and work more

*"Arbinger's work is deep and significant in its diagnosis of the ills of our time--from the small scale of individual self-deception to the self-deception of whole cultures."*

Rom Harré, Professor of Psychology, Oxford University

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

### Continuing Education Facilitators

#### **Tom Krapu, PhD, ACC** **Director, Psychotherapy and Counseling Programs**

Tom Krapu has practiced as a licensed, counseling psychologist since 1985. He has worked in academic as well as private sector settings. In addition, Dr. Krapu has taught at all post-secondary levels, led a non-profit organization, consulted with businesses, presented at national and international conferences, served on the editorial board of a professional journal and made significant volunteer contributions to his local, national and international communities. In his work with Arbinger, Dr. Krapu facilitates training programs for organizations of all kinds, is the Director of Psychotherapy and Counseling Programs, and has worked as a member of the core team that leads the Arbinger Helping Professionals Network since 2004.

#### **Chris Wallace, PhD** **Senior Facilitator and Consultant**

Trained in psychology and the clinical treatment of families, Chris Wallace earned his Ph.D. in 1990 at Brigham Young University. He has been a practicing, doctoral level Marriage & Family Therapist since 1990 and for twelve years, was the clinical director at ANASAZI Foundation, a nationally recognized youth treatment program in Mesa, Arizona utilizing the wilderness to bring about a change of heart in struggling youth and their families. Dr. Wallace is senior facilitator for the Arbinger Institute since 1993 and has been a teacher and consultant in the United States and Europe in many industries, including healthcare, military, government, aerospace, retailing, biotechnology, service and professional groups, and tele-communications, among others. Dr. Wallace also serves as a senior consultant for Arbinger's Continuing Education Program.

#### **W. Jason Conover M.S., L.C.S.W.** **Facilitator and CE Faculty Member**

Jason Conover, a licensed clinical social worker and graduate of theory and philosophical psychology, has worked in in-patient clinical settings for eleven years and out-patient settings for nine years. Since 1999, he has facilitated Arbinger programs and is certified in The Choice at Work, The Choice in the Family, The Choice in Teaching and Education, The Choice in Intervention, and is a group leader for The Choice in Counseling and Therapy Course. Jason serves on a suicide prevention team and as a visiting specialist for The Bridge Recovery Center, a treatment facility specializing in wellness and chronic pain.

## Description of CE Courses

The members of Arbinger are mobilized to help organizations, communities, individuals and families, and those in the helping professions. To support these groups, Arbinger offers public seminars, consulting and coaching services, and tailored organizational interventions, including train-the-trainer options. These range from one day to several days in length, with options to add on more advanced or more personalized training in addition to core training. Attendees of these trainings are eligible to receive continuing education credits. Also, if interested in earning CE credit while vacationing on a cruise, contact Tom Krapu at [ce@arbinger.com](mailto:ce@arbinger.com).

### Two-Day Public Seminars (16 hours CE)

**\$395 - \$795 per person**

Two day public seminars are offered on a regular basis in countries around the world. These two day courses begin with Arbinger's foundational *The Choice—Getting Out of the Box* training on the first day. This training builds participants' understanding of Arbinger's foundational material, including the problem of self-deception and its solution, way-of-being, characteristics of self-betrayal, collusion, getting out of the box, learning skills to fail less often, etc.

Once this foundation is established, implementational skills are taught on the second day. Training content on this day varies by the following areas of focus: *The Choice in Personal Growth and Well-Being*, *The Choice in the Family*, *The Choice in Intervention*, *The Choice at Work*, and *The Choice in Achieving Results*. For example, if you register for *Leadership and Self-Deception in the Family*, training content will include *The Choice and The Choice in the Family*. Or if you register for *Leadership and Self-Deception at Work*, the training content will include *The Choice and The Choice in Achieving Results*, and so forth.

### Choice in Counseling and Therapy Telecourse (24 hours CE)

**\$2395 per person (discounts available)**

Arbinger's Psychotherapy and Counseling Department offers this continuing education program devoted to helping mental health and other helping professionals implement Arbinger materials and methods with their individual and family clients. As a solution to the problem of self-deception, a problem Freud and those who followed him attempted to solve, Arbinger's work has profound implications for counseling and therapy. We are committed to training interested therapists in the Arbinger model so that they can utilize these insights in their work with clients.

This fifteen week telecourse, *The Choice in Counseling and Therapy* is an extended learning format that allows participants to integrate the material into life in general with a peer group of professionals. Implementation as a professional is integral to this program. It is designed to assist helping professionals apply Arbinger's philosophy to their own lives and then extend that application to their helping relationships. Within a community of colleagues, participants will gain insight into how self-deception impacts therapeutic practice and client healing. By exploring an alternative "way of being", helping professionals will make transformations in their approach and skills to bring about change for clients, as well as themselves.

A graduate of this course will be licensed to use Arbinger materials with private clients, receive discounts on Arbinger products and future training, and become a member of the Arbinger Helping Professionals Network. Pre-requisites to *The Choice in Counseling and Therapy Telecourse* includes either attendance at any two day public seminar or participation in both the *Leadership and Self-Deception Self-Study Course* and any *Getting Out of the Box* program.

**REGISTRATION FEES:** Registration fees include the two day seminar sessions and training materials. Travel expenses, hotel accommodations, and meals are not included.

On-line registration for 2008 seminars is now open at [www.arbinger.com](http://www.arbinger.com). If you have questions about on-line registration or want to sign up for a telecourse, please contact Arbinger at 801-292-3131 or send an email to [info@arbinger.com](mailto:info@arbinger.com).

**CREDIT CARD REGISTRATIONS:** We accept American Express<sup>®</sup>, VISA<sup>®</sup>, MasterCard<sup>®</sup>, or Discover<sup>®</sup>. Credit card registrations are guaranteed only after they have been approved. If a credit card is declined, we will contact you to receive an alternate approved payment prior to the registration cut-off date.

A confirmation email will be sent to you upon receipt of your registration form and payment. Please be advised: Arbinger is not responsible for personal or PO checks lost or delayed in the mail.

**REGISTRATION CANCELLATION POLICY:** Cancellations can only be made through our on-line registration process. A full refund will be given up to the specified cut-off date. Thereafter, partial refunds will be given. No refund will be given for cancellations less than three days before the first day of the course. No refund will be given if you fail to attend the course.

## THE ARBINGER INSTITUTE

563 West 500 South, Suite 200  
Woods Cross, Utah, 84087  
801.292.3131

Contact us: [info@arbinger.com](mailto:info@arbinger.com)

Visit: [www.arbinger.com](http://www.arbinger.com)

# I have a question...

**Q.** What exactly is self-deception?

**A.** A simplistic yet helpful way to explain the self-deception problem is this: "It is the problem of not knowing -- and resisting the possibility -- one has a problem".

**Q.** What makes Arbinger's work unique?

**A.** Our approach is the result of decades of exploration into the problem of self-deception by an international team of scholars. In the early 1990s, the Institute was formed to introduce their discoveries.

Arbinger is now a worldwide institute that helps organizations, families, individuals, and communities. Arbinger's model of human understanding of self-deception offers people a language for openly and clearly discussing -- and settling -- their differences. And it works across cultures, races, classes, religions, and beliefs.

**Q.** Who should attend Arbinger's CE courses?

**A.** Psychologists, Counselors, Social Workers, Marriage and Family Therapists, Alcohol and Drug Counselors, Nurses, Psychiatrists, Case Managers, Mental Health Administrators, Technicians and Support Staff, Educators (This course may qualify toward your professional development requirement), and Graduate Students (call for student rates).

Most licensing boards for mental health professions and some other professional boards will accept CE that is APA approved. Check with your specific licensing agency regarding whether they will accept CE from the American Psychological Association.

**Q.** What are the course dates and locations?

**A.** Visit [www.arbinger.com](http://www.arbinger.com) for courses and calendar. On-line registration is currently open for the following 2008 courses:

- "Choice in Counseling and Therapy":
  - Telecourse Schedule: TBD
- "Leadership and Self-Deception in the Family" two day seminars:
  - 5-6 September: Phoenix, AZ
  - 24-25 October: St. George, UT
  - 14-15 November: Henderson, NV

**Q.** What are the course hours and how many CE credits can be earned?

**A.** Registration begins at 8:30 a.m. The seminars begin at 9:00 a.m. and conclude at 6:00 p.m. Participants are on their own for a one hour lunch. A person can earn up to 16 CE credits for two day courses and 24 CE for the telecourse. A required post-test will be administered. For late arrivals or early departures, CE certificates will be amended.

**Q.** Does Arbinger have published materials?

**A.** Yes, "Leadership and Self-Deception", published in 2000, quickly became an international bestseller. This book is currently available in nearly twenty languages.

Many readers have clamored for a book that explores Arbinger's work more deeply and that applies it to issues outside the workplace as well as within. "Anatomy of Peace", published in 2006, was written for this purpose.

"... We help people to see in a different way — to see others and themselves differently, problems differently, solutions differently."