

The Rhode Island Center for Cognitive-Behavioral Therapy, Inc. (RICBT, Inc.)
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www.RICBT.com (website); receptionist@RICBT.com (email)

RI•CBT Workshop & Special Event Registration Form

Name: _____

Are you now or have you ever been a patient at RICBT? _____ yes _____ no

Address: _____

Phone: (H) _____ (W) _____ (cell) _____

Email (if you would like to be added to our mailing list): _____

Signature: _____ Date: _____

**** By signing here, I agree to the below policies and fees and would like to register for the indicated workshop(s).**

Registration Details:

- *To reserve a spot:*
 - Please complete and mail or fax in this registration form.
 - We will call you to confirm receipt of your registration. If your group requires an evaluation with the group leader ahead of time (to make sure the group is a good match for you), we will set that up for you.
 - Each group has a minimum number of participants required to begin. We will call you with the start date of your group once it has enough participants.
 - At that point you can confirm your desire to do the group and give us your payment information. You may either pay in full at that point or put a credit card on file. We will go over with you the schedule of when your card will be charged. If the dates we set for the group do not work for you, you do not need to confirm your registration and no payment is necessary. We will keep you on the list for the next session.
- *Cancellation policy:* We make the decision to run a group based on confirmed registrations, so there are no refunds once you have confirmed and paid. If you are not able to attend the group at all, it may be possible to receive a credit toward the next session of that group.
- *Insurance:* Your insurance might cover some of the cost of your group. We are happy to discuss this with you. Please note however that missed sessions cannot be submitted to insurance, so you will be responsible for the full session fee (not just your copay) for any weeks that you do not attend.

**** Please check the event(s) for which you would like to register (continued on next page) ****

Classes that last a specific number of weeks:

_____ **Weight Loss: Why Hasn't It Worked?!**

Wendy Ossman, Psy.D.; 4-week class on Wednesdays from 5:30 – 7:00pm; Cost = \$200 (\$50/week), insurance accepted

_____ **Mom's Well Being Group: Strategies for Coping and Thriving**

Claire Nicogossian, Psy.D.; 8-week class on Mondays from 5:30-7:00pm; Cost = \$240 (\$30/week), no insurance

_____ **Mind Over Mood: Managing Your Mood with Cognitive-Behavioral Therapy**

Julie Pearson, LICSW; 12-week class on Tuesdays from 7:30-9:00pm; Cost = \$505 (\$40/week & workbook), insurance accepted

_____ **Get Out of Your Mind and Into Your Life!**

Wendy Ossman, Psy.D.; 12-week class on Wednesdays from 5:30- 7:00pm; Cost = \$600 (\$50/week), insurance accepted

_____ **Personal Growth & Strategic Living**

Ben Johnson, Ph.D., ABPP; 12-week class on Mondays from 7:30-9:00pm; Cost = \$600 (\$50/week), insurance may be accepted

_____ **Taming Intense Emotions: A Dialectical Behavior Therapy (DBT) Skills Group**

Meredith McElroy, Psy.D.; 16-week class divided into 2 separate modules of 8 weeks each; Participants can join at the beginning of either module and do one or both; Cost = \$400 per module (\$50/week), insurance accepted

Support Groups that meet either weekly or monthly:

_____ **Mom's Well Being Group: Strategies for Coping and Thriving**

Claire Nicogossian, Psy.D.; Monthly, on the last Wednesday of each month, from 7:30-9:00pm; Can be done with or independently from the 8-week class; Cost = \$90 (\$30/month, 3 month minimum commitment which can be renewed as desired); No insurance

_____ **Men's Group**

Joseph Grillo, Psy.D.; Weekly, on Saturdays from 9:00-10:30am; Cost = \$400 (\$50/week, 2 month minimum commitment which can be renewed as desired); Insurance accepted

Special Events:

_____ **Stress Management**

Charlie Boisvert, Ph.D.; Three hour special event on Thursday from 6:00-9:00pm; Cost = \$75, no insurance

_____ **Self Esteem: Quiet Your Inner Critic and Build Confidence**

Kristin Maki, Ph.D.; Three hour special event on Thursday from 6:00-9:00pm; Cost = \$75, no insurance