

## Free Training Resources for Aspiring Therapists Who are Poor!

By David D. Burns, MD

Hi Robin,

I can certainly identify with having little money, since my wife and I were homeless for a time before I decided to do my internship and residency in psychiatry. And even then, we had to count our pennies as the salary for interns and residents was pretty low.

I do have many ideas about free resources that might help you. First, my weekly Feeling Good podcasts are entirely free. They are intended for therapists, students like yourself, and patients or potential patients as well. You can listen to them on iTunes, or right here on my website, [www.feelinggood.com](http://www.feelinggood.com).

If you are ever living in the Bay area, I offer unlimited free psychotherapy training for therapists as well as graduate students every Tuesday evening, from 5 to 7:30. In the seminar, we illustrate TEAM Therapy concepts and techniques, followed by small group practice with immediate expert feedback from myself and a number of superbly trained individuals I teach with, such as Drs. Jill Levitt, Daniele Levy, and Helen Yeni-Komshian, and more. They all volunteer their time to make this awesome training available in our community.

There are also some free or paid weekly TEAM Therapy training groups in other locations in the United States and other countries as well. You can find the contact information right here on my website.

You will notice that my website has tons of free resources, such as blogs for the general public and for therapists as well. In fact, you are reading one of the blogs right now.

If you get a little money at some point, you might want to purchase one of my books in paperback on Amazon, such as *Feeling Good: The New Mood Therapy*, *The Feeling Good Handbook*, *When Panic Attacks*, or *Feeling Good Together*, and you can often buy them used, too. Not costly! *Intimate Connections* and *Ten Days To Self-Esteem* have also been popular and could be useful to you.

Later on, when you have some funds to invest in your psychotherapy training, you might want to join one of the paid online weekly training groups at the [www.feelinggoodinstitute.com](http://www.feelinggoodinstitute.com). I have heard fantastic things about these groups, and you can sometimes do personal work, too, as a part of your online training. I do not personally profit from these groups, but recommend them strongly because I know how terrific the teachers are. I have personally trained most of them, so I am biased!

Again, when you get a few dollars to spend, you might want to invest in my psychotherapy eBook, *Tools, Not Schools, of Therapy*. You can find order forms right here on this website. It is an interactive training guide and contains an enormous amount of information on how to do effective psychotherapy. If you do the written exercises while you read, you can learn a tremendous amount.

Later on, you might also want to come to one of my workshops, which are listed right here on my website, on the Workshops tab. My annual four-day summer intensive is one the best and most fun and helpful workshop of the year. If you only attend one workshop, that might be the one to choose.

Thanks for the kind note, and best of luck with your training!

David

PS As an aside, I have recently received two very angry emails from a web visitor who feels that it is unfair for me to offer free weekly training to Bay Area mental health professionals, including personal work as a part of the training, when I am not offering free treatment to the general public. At least that is my understanding of the nature of his complaints. Sadly, I am no longer in clinical practice, but do wish we had national health insurance so that psychiatric treatment would be free to everybody.

It does hurt my feelings when I am attacked in that way, since I have taken great pride in making free ongoing training available to community therapists. I have never thought of it as being “wrong” or “unfair,” but I can see his point, too. Still, it doesn’t quite sit very well with me!

If you agree that I should stop posting on my website, or training therapists for free, let me know. About ten years ago, I had a Feeling Good website with an enormous amount of self-help materials that I ended up deleting after getting two threatening emails from visitors. I would be willing to do that again if enough people were offended by my efforts.

You have probably heard of the expression, “Let no good deed go unpunished.” That is resonating with me right now, but I am often way off base in the way I evaluate things, and I am willing to learn and grow, too, when I am wrong.