



Working with Difficult Emotions

A Cognitive Behavioral Inquiry (CBI) Workbook

The Three Trees Center for Change CBI Workbooks are designed to change the way people change. They are an award winning, evidence based, cognitive behavioral approach to helping individuals make the necessary shifts in life to continue to grow and to thrive. Since 2007, Three Trees Center for Change has been working to improve the world through offering meaningful change to each individual we serve.

About the Authors: Ben and Jamesa have each spent over 20 years working to help individuals and organizations make meaningful change. Ben is the founder and CEO of Three Trees Center for Change. Ben has been awarded clinical membership in the internationally recognized Association for the Treatment of Sexual Abusers and has received specialized training in the assessment of sociopathic/psychopathic offenders. Ben is the recipient of the Linda J. Allen Community Service Award for "significant contributions that have brought honor and credit to the field of criminal justice." Over the last 5 years, Ben has been applying all he has learned about change to college campuses and the workplace. Jamesa is a Nationally Certified Counselor and a Licensed Professional Counselor. She is trained in EMDR, MRT, and Cognitive Behavioral Therapy. Jamesa has worked in Juvenile Justice and Restorative Justice, and now runs her own mental health practice, Blue Lotus Counseling, to serve the underserved.

For more information, please visit www.threetreescenterforchange.com

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