

Cognitive Behavioral Therapy (CBT) Series
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Overall Training Outline

Thursday, January 11, 2018

Overview:

8:30am-10:00am

- Speaker background and introductions
- Shorthand used on slides
- Brief history of CBT
- Evidence-based psychotherapies
- Research evidence for CBT with adults
- Limits to CBT

10:00am-10:15am Break

10:15am-12:00noon

- Assessment in CBT
- Documentation in CBT
- Overview of CBT
- CBT definition, model, characteristics, and components
- Unique and necessary components of CBT
- Application of introductory CBT principles with adults, including prioritizing treatment targets, agenda setting, "working" the agenda by teaching new skills, and assigning homework

12:00noon-1:00pm Lunch

1:00pm-2:00pm

- CBT case formulation/conceptualization

2:00pm-2:15pm Break

2:15pm-4:30pm

- Diversity issues in CBT, including cultural competency and supporting recovery culture
- CBT termination and relapse prevention

Thursday, January 25, 2018

Skills:

8:30am-10:00am

- CBT cognitive skills
- CBT behavioral skills

10:00am-10:15am Break

10:15am-12:00noon

- CBT for specific disorders (including data for PTSD)

12:00noon-1:00pm Lunch

1:00pm-2:00pm

- Transdiagnostic CBTs

2:00pm-2:15pm Break

2:15pm-4:30pm

- Third Wave CBTs, including DBT and ACT
- Technology and CBT
- CBT resources, including books and websites

Thursday, February 8, 2018

Case Conference:

8:30am-10:00am

- Address common challenges in applying CBT
- Tailor interactions to meet the needs of the people receiving services, where they are
- Actively incorporate recovery and culture into treatment plan

10:00am-10:15am Break

10:15am-12:30noon

- Address common challenges in applying CBT
- Tailor interactions to meet the needs of the people receiving services, where they are
- Actively incorporate recovery and culture into treatment plan

Thursday, March 8, 2018

Teleconference Consultation (Teleconference):

9:00am-10:00am

- address any remaining challenges with implementing CBT in specific settings or with particular clinical populations. The consultation will conclude with ideas about forming peer consultation groups to maintain the skills you have learned.