



Behavioral Health Education & Training Academy presents

Cognitive Behavioral Therapy (CBT) Training Series

TRAINING INFORMATION

Trainer: [Steven Thorp, Ph.D](#)

Audience: All BHS therapists, counselors, family & support partners, case managers, and other direct service providers working with Adults and Older Adults.

Description: Cognitive Behavioral Therapy (CBT) is an evidence-based psychotherapy, which has been validated as an effective treatment for many mental health disorders, including substance use, major depression, anxiety disorders like posttraumatic stress disorder, eating disorders, and schizophrenia. The premise of CBT is that cognition (thoughts and beliefs) can influence feelings and behavior. CBT attempts to modify thoughts and beliefs about experiences, which in turn determine feelings and behaviors. By completing this training series you learn the skills and practice the techniques required to provide effective CBT to the people you serve.

Full course descriptions and learning objectives are listed on the second page. Click [here](#) for training outline.

TRAINING DATES & TIMES

Training Location: Academy for Professional Excellence (**New Training Room Location!**)
6367 Alvarado Ct, Suite 105
San Diego, CA 92120

Training Name:	Date:	Time:
Overview	Thursday, January 11, 2018	8:30 AM - 4:30 PM
Skills Training	Thursday, January 25, 2018	8:30 AM - 4:30 PM
Case Conference	Thursday, February 8, 2018	8:30 AM - 12:30 PM
Group Consultation Call	Thursday, March 8, 2018	9:00 AM - 10:00 AM

Participants will receive 19 CEs upon completion of ALL training activities. No partial CEs will be given. Please arrange accordingly with your supervisors before enrolling in the series.

REGISTRATION: If you already have an account, [click here](#) to log into the LMS to register. If you do not already have an account in the LMS you will need to open an account. Please [click](#) here to request an LMS account. Email BHETA@mail.sdsu.edu if you have any questions. This training is FREE of charge to BHS County employees and contractors.

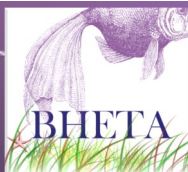
CONTINUING EDUCATION: This course meets the qualifications for 19 hours of continuing education credit for MFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences, PCE 3776. The Academy is approved by the California Board of Registered Nursing, Provider Number BRN CEP-15014; CCAPP-EI, Provider Number 1S-98-398-0818, and CAADE Provider Number CP10-906-CH0320 for 19 contact hours/CEHs. The Academy for Professional Excellence is approved by the American Psychological Association to sponsor continuing education for psychologists. The Academy maintains responsibility for this program and its content. CE certificates will be available for download 3-5 business days after course completion. Click here for information on how to [obtain CE Certificates](#). Click here for the [CE Grievance Procedure](#).

6505 Alvarado Road
San Diego, CA 92120
BHETA@mail.sdsu.edu



Behavioral Health Education & Training Academy (BHETA) is a County of San Diego Behavioral Health contracted program of the Academy for Professional Excellence, a project of San Diego State University School of Social Work





Cognitive Behavioral Therapy Series DESCRIPTION & LEARNING OBJECTIVES

CBT Overview

Thursday, January 11, 2018 from 8:30 AM - 4:30 PM

This full-day workshop will provide a review of research evidence supporting the efficacy of CBT for different disorders, basic knowledge about core CBT intervention components, and an understanding of how to deliver CBT with high fidelity.

Upon completion of this training, participants will be able to:

- Identify the principles and methods of CBT
- Discuss current research
- List benefits and limitations of CBT
- Describe how this practice supports cultural competence and resiliency

CBT Skills

Thursday, January 25, 2018 from 8:30 AM - 4:30 PM

Prerequisite: Completion of CBT Overview

This 1 day skill development training will provide practical training involving didactics and role play practice of core CBT intervention techniques and their application to common problems.

Upon completion of this training, participants will be able to:

- Accurately assess if CBT is a relevant/indicated intervention
- Conceptualize a case from a CBT framework
- Demonstrate appropriate application of introductory CBT techniques
- Utilize resources such as books and websites to enhance CBT

CBT Case Conference

Thursday, February 8, 2018 from 8:30 AM- 12:30 PM

Prerequisite: Completion of CBT Overview and Skills Training

The case conference will provide participants an opportunity to practice their CBT skills. Participants will present cases for discussion. Here you will have the opportunity to discuss challenges and successes in providing CBT. Discussions will lead to deepening your skills and overcoming difficult situations.

Upon completion of this training, participants will be able to:

- Address common stumbling blocks/challenges
- Tailor interactions to meet the needs of the person receiving services where they are
- Incorporate recovery and culture into treatment plans

CBT Group Consultation

Thursday, March 8, 2018 from 9:00 AM - 10:00 AM, 1 Hour Teleconference

Are there unique situations you would like to discuss with a colleague? Do you have a population-specific concern or do you just need to bounce an idea off an expert? This 1 hour teleconference will provide you with the opportunity to share successes, overcome barriers, and develop a peer consultation group.

6505 Alvarado Road
San Diego, CA 92120
BHETA@mail.sdsu.edu



Behavioral Health Education & Training Academy (BHETA) is a County of San Diego Behavioral Health contracted program of the Academy for Professional Excellence, a project of San Diego State University

