



# Cognitive Behavioral Therapy (CBT) Training Series

(Course Code: BH0201)

## OVERVIEW

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, 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 will 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 to see the [training outline](#).

## LOCATION

Academy for Professional Excellence  
6367 Alvarado Court; Suite 105  
San Diego, CA 92120



## 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.

## TRAINING

## DATE

## TIME

Overview	Tuesday, September 11, 2018	8:30 AM - 4:30 PM
Skills Training	Tuesday, September 25, 2018	8:30 AM - 4:30 PM
Case Conference	Tuesday, October 9, 2018	8:30 AM - 12:30 PM
Group Consultation Call	Tuesday, November 6, 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, you may search for the course by name or course code. [Click here](#) to log into the LMS. 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@sdsu.edu](mailto:BHETA@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 LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. The Academy is approved by the American Psychological Association to sponsor continuing education for psychologists and the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs, Provider #91928. The Academy is approved by the California Board of Registered Nursing, Provider # BRN CEP15014; CCAPP-EI, Provider # 1S-98-398-0818, and CAADE Provider # CP10-906-CH0320 for 19 contact hours/CEHs. The Academy maintains responsibility for this program and its content. CE certificates will be available for download within 5 business days after course completion. Click here for information on how to [obtain CE Certificates](#). Click here for the [CE Grievance Procedure](#).



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





# Cognitive Behavioral Therapy Series

## DESCRIPTION & LEARNING OBJECTIVES

### CBT Overview

**Tuesday, September 11, 2018 from 8:30 AM - 4:30 PM**

Day 1 of this 4-part series is a full-day workshop that 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 day of the 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

**Tuesday, September 25, 2018 from 8:30 AM - 4:30 PM**

Day 2 of this series is a full-day skill development training that 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 day of 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

**Tuesday, October 9, 2018 from 8:30 AM- 12:30 PM**

Day 3 of this series is a half-day case conference that 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 day of 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

**Tuesday, November 6, 2018 from 9:00 AM - 10:00 AM, 1 Hour Teleconference**

The final part of the series is a 1-hour teleconference that will provide you with the opportunity to share successes, overcome barriers, and develop a peer consultation group. 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 will be your opportunity to do so.



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