

# Cognitive Behavior Therapy (CBT) for Justice –involved Populations



Trainer: [Dr. James Carter, Ph.D.](#)

Course Code: BH0243

## Overview

This two day course will help therapists refine and implement cognitive behavioral therapy (CBT) to meet the complex client needs of persons involved in criminal justice (CJ) systems. We will explore the impact of incarceration and community supervision, review CBT models utilized within CJ, and learn how to ethically and effectively support justice involved individuals in our communities as mental health professionals. The instructor will utilize a variety of learning modalities including lecture, video, demonstrations, and experiential exercises. Click here to see the [training outline](#).

## Audience

All behavioral health and substance-use therapists, counselors, family & support partners, case managers, and other direct service providers working within the behavioral health system of care.

## Learning Objectives

- Identify at least two benefits of community supervision versus incarceration
- Identify at least two dynamic risk factors related to recidivism
- List at least two mental health symptoms impacted by incarceration and at least two current CBT models to address needs of persons involved in criminal justice systems
- Identify at least one ethical principle related to providing mental services to persons involved in the criminal justice system
- Explain the rationale for using thought records and how to utilize behavioral experiments
- Describe at least two cognitive behavior strategies for helping persons with substance use disorders

May 29 & June 5, 2019

8:30 am to 4:30 pm

Academy for Professional Excellence  
6367 Alvarado Court; Suite 103  
San Diego, CA 92120

## Training

## Date

## Time

Day 1

Wednesday, May 29, 2019

8:30 AM - 4:30 PM

Day 2

Thursday, June 5, 2019

8:30 AM - 4:30 PM

Participants will receive **14** CEs upon completion of ALL training activities. No partial CEs will be given. Please arrange accordingly with your supervisors before enrolling in the series.

[Click Here](#) to log into the LMS and Register

**Registration:** If you already have an account, you may search for the course by name or course code. If you do not have an account in the LMS you will need to open one by [clicking here](#). Email [RIHS@sdsu.edu](mailto:RIHS@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 **14** hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. The Academy for Professional Excellence 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 for Professional Excellence is approved by the California Board of Registered Nursing, Provider # BRN CEP15014; CCAPP-EI, Provider # 1S-98-398-0820, and CAADE Provider # CP10-906-CH0320 for **14** contact hours/CEHs. The Academy for Professional Excellence maintains responsibility for this program and its content. CE certificates will be available for download 5 business days after course completion. Click here for information on how to [obtain CE Certificates](#). Click here for the [CE Grievance Procedure](#).



Responsive Integrated Health Solutions (RIHS) 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.

