

Cognitive Behavioral Therapy: Use it and Teach it.

July 28, 29 and August 19, 2010

Training Location

NC Council Royal Conference Center
3801 Hillsborough Street
Raleigh, NC 27607

About the Workshop

This 24- hour training program teaches the essentials of Cognitive Behavior Therapy (CBT). The training prepares individuals to begin or sustain the appropriate use of this evidence-based practice. **The training also provides valuable guidance for licensed staff who want to train the essentials of CBT to others people within their agency.**

Objectives

- Explore the early developments of Behavioral Therapy and the emergence of Cognitive Therapy into Cognitive-Behavioral Therapy.
- Compare and contrast CBT with other therapeutic paradigms.
- Critically analyze the utility of CBT with specific disorders and diagnosis.
- Become familiar with CBT assessment and interview strategies and generate a Cognitive Behavioral Case Conceptualization.
- Acquire skills in developing a socially and culturally acceptable CBT treatment package for various presenting problems and diagnosis.
- Provide an overview of clinically relevant and empirically supported CBT strategies that are commonly utilized in assessment and treatment.
- Provide opportunity to apply CBT strategies during role play exercises.
- Understand the Cognitive Behavioral Model of Clinical Supervision.
- Review empirically validated treatment manuals for special populations and complex problems.

Target Audience

This workshop is for social workers, psychologists, counselors, licensed substance abuse professionals, and others interested in the practice of CBT. The content on training others will be most useful for licensed professionals who intend to train staff within their agency.

Faculty: Michael R. Wydo, Psy.D., Licensed Psychologist, Associate Director of Clinical Training Federal Correctional Institute, Butner, NC

Cost: \$300

This workshop has applied for approved CEU credits for social workers, psychologists, and counselors.



NORTH CAROLINA
**COUNCIL OF
COMMUNITY
PROGRAMS**



TIP is a training initiative of the NC Council of Community Programs and the ASO, a provider administrative service organization. TIP provides high quality training delivered by approved trainers.

Cognitive Behavioral Therapy: Use it and Teach it. REGISTRATION FORM

ON LINE REGISTRATION AVAILABLE
WWW.NC-COUNCIL.ORG with a Credit Card

OR
Use Registration Form below
And Mail with a Check to:
NC Council of Community Programs
505 Oberlin Road, Suite 100
Raleigh, NC 27605
(not training location)

Please X which training day you will attend

___ July 28, 29, and August 19 \$300 (9a.m-4p.m each day)

Cancellation Policy: You must cancel 3 business days (before 5:00 p.m.) prior to the training event in order to receive refund on your registration. If cancellation is not made at this time, no refund will be given. A \$15 administrative processing fee will be charged for any cancellations.

PLEASE BE ADVISED – The training starts promptly at 9:00 a.m. and the registration table will close shortly thereafter.

Registration: Register Online with a Credit Card at www.nc-council.org or fill out the form below and mail along with a check made payable to “NC Council of Community Programs” to 505 Oberlin Road, Suite 100, Raleigh, NC 27605.

Return Check Policy: A \$25 fee will be assessed by the NC Council for all returned checks. **Driving Directions:** The NC Council Conference Center is located at 3801 Hillsborough Street, Raleigh NC 27607(Just off I-440 beltline, across from Meredith College). For more information go to www.nc-council.org or contact Michael Owen at (919) 327-1500.

NAME _____

ORGANIZATION _____

TITLE _____

BILLING ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL (must complete) _____

