



**Featuring
Christian Mauro, Ph.D.**
A Cognitive Behavioral Therapy
(CBT) expert from Duke University.



North Carolina
**Evidence Based
Practices Center**

**Cognitive Behavioral Therapy
with Children & Adolescents:
A Blended Learning Curriculum**

Program Dates

October 13, 2017, February 9, and May 18, 2018

Monthly Webinars

November 2017- May 2018

Location:

Lakeview at Pavilion East
2608 Erwin Road, Ste 300
Durham, NC 27705

Target Audience

This course is designed for psychologists, healthcare professionals, clinical social workers, and counselors. Other interested mental health professionals are also invited to attend.

Program Description

Cognitive Behavioral Therapy (CBT) includes a wide variety of empirically-supported interventions for children and families that can be flexibly implemented for a number of presenting mental health and behavioral concerns. Indeed, hundreds of clinical trials have demonstrated the efficacy of CBT-based interventions with children and adolescents, with many of these interventions now considered to have strong empirical support. There are challenges to implementing these interventions across community treatment programs, outpatient clinics, and within private practice. To address this need, we have developed a blended learning curriculum designed to facilitate higher level training in CBT for children and adolescents. Blended learning combines traditional in-person training techniques with ongoing technology. Thus, course participants will receive ongoing training and support from psychologists specializing in child and adolescent CBT. Through the in-person workshops and monthly modules, participants will develop a strong understanding of the core principles of conducting CBT with children, adolescents, and families, as well as gain hands-on practice for how to implement techniques and strategies within their own clinical practice.

Program Structure

This course begins with a 1-day in-person didactic and experiential training. Over the course of the following 6 months, trainees will work with training staff through a dedicated website that provides a range of materials and learning tools for ongoing training. The web-based portion of the course includes monthly webinars designed to review and practice CBT skills. During these webinars, Instructors provide targeted feedback and Trainees have the opportunity to practice skills. Monthly webinar meetings encourage group discussion and consultation regarding clinical challenges implementing CBT principles. In addition, the web-based platform will host peer-consultation and support forums, and will utilize hands-on learning tools for key CBT skills. The training will have another in-person training at the midpoint and then conclude with an additional in-person 6-hour training day where participants will have further opportunities to review principles and hone their skills.

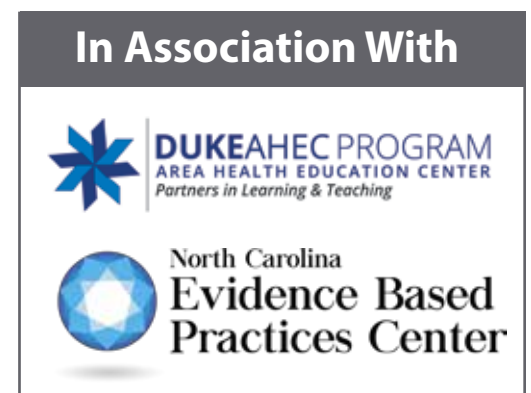
Objectives

Following completion of this program, participants will have improved their ability to:

- Explain fundamental CBT principles
- Discuss complex multi-diagnostic cases using CBT models and case conceptualization
- Describe how to orient children and families to CBT
- Explain functional analysis and its application within case conceptualization and treatment planning with children
- Identify behavioral and cognitive interventions strategies and how to implement these with children and adolescents
- Identify between-session practice targets and measure progress
- Discuss relapse prevention and graduation with families.

Speaker

Christian Mauro, Ph.D., is an assistant professor in the Department of Psychiatry and Behavioral Sciences at Duke University Medical Center. He is director of the Psychology Internship Program and Psychosocial Treatment Clinic at the Duke Child and Family Study Center, which serves children, adolescents, and families seeking services for a range of psychological difficulties. Dr. Mauro provides direct patient care, teaches through many programs at Duke University Medical Center and supervises and trains clinicians in evidence-based treatment of children and families.



Credit

CEU: 2.4

Contact Hours: 24.0 contact hours will be awarded to participants who attend 100% of the program.

Southern Regional adheres to NAADAC Education Provider Guidelines Provider #843 (Substance Abuse Credit). This program will provide 18.0 contact hours (category A) continuing education credit to NC Psychologists. The Southern Regional AHEC is an NBCC Approved Continuing Education Provider (ACEPTM) and may offer NBCC approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program (Provider #5362).



No partial credit will be given. Individuals arriving 15 minutes or more after the starting time will not be eligible for credit. You must attend all parts of the course to be eligible for credit.

Fee

\$499 if registration and payment are received by September 29, 2017, \$549 thereafter.

Agenda

October 13, 2017 (beginning)

9 a.m. Introduction to CBT: The Basics
10:15 a.m. Break
10:30 a.m. CBT: Case Formulation
12 p.m. Lunch
1 p.m. Assessment
2:15 p.m. Break
2:30 p.m. 5 Steps to Treatment Planning
4:15 p.m. Wrap Up, Q&A

February 9, 2018 (mid-way point)

9 a.m. Review
10:15 a.m. Break
10:30 a.m. Behavioral Interventions
12 p.m. Lunch
1 p.m. Cognitive Interventions
2:15 p.m. Break
2:30 p.m. Practice
4:15 p.m. Wrap Up

May 18, 2018 (end of training)

9 a.m. Case Presentations
12 p.m. Lunch
1 p.m. Case Presentations
3 p.m. Wrap Up Q&A

Webinars: Time frame - 12 p.m. to 1 p.m. Dates - 11/15 and 12/13/17, 1/17, 3/14, 4/11, and 5/9/18

Substitutes/Refunds/Transfers

Participants who register for the program and are not able to attend, may:

- Send a substitute;
- Cancel 48 business hours before the program and receive a voucher for 100% of the registration fee for use at a future SR-AHEC program; or
- Cancel 48 business hours before the program and obtain a refund for 70% of the registration fee.

Cancellations less than 48 business hours before the program are non-refundable. Participants who register for a program and do not attend will forfeit the full amount of the program registration fee.

Contact

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Registration Form

Form may be duplicated.

**Cognitive Behavioral Therapy with
Children & Adolescents**

CASCE #53058 / EBP171017

Phone: 910-678-7226 **Fax:** 910-323-0674

Online: <http://www.aheconnect.com/ncahec/eventdetail.aspx?EventID=53058>

Mail: SR-AHEC, Attention Registrar, 1601 Owen Drive, Fayetteville, NC 28304

Dr. Mr. Mrs. Ms.

First Name Last Name Last 4 digits of SS#

Email (primary) (secondary - only used if primary is undeliverable)

Do not send email announcements of upcoming SR-AHEC programs. Do not share my information with participants and/or exhibitors.

Home Address City State Zip Code

Employer Job Title

Work Address City State Zip Code

Phone (work) (home) (cell)

Certifications/Degrees Specialty Area(s) Are you an NCC?

Special Needs / Food Allergies

How did you hear about this SR-AHEC program?

Printed Publication Email Fax Word of Mouth AHEC web site MyAHEC Facebook

Payment Information

SR-AHEC requires full payment for all registrations prior to the program date. We no longer accept purchase orders or supervisor's approval signatures in lieu of payment. Access to workshop materials and handouts cannot be released until payment is received. Early and regular rates will be determined by the date of receipt.

Check (Make payable to SR-AHEC)

Mastercard / Visa # Expiration Date (mm/yy)

Name on Card Signature

Office Use Only: Check Auth # _____ Date _____ From _____ Amount \$ _____

SR-AHEC.org
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(910) 678-7226

Southern Regional
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