



## CBTs Community for Graduates of the CBT Blended Learning Program



**Featuring Zach Rosenthal, Ph.D**  
A Cognitive Behavioral Therapies (CBT) expert  
from Duke University.



### Program Dates

**April 7, August 4, and December 1, 2017**

**Location:**

Brightleaf Square  
905 West Main Street  
2nd Floor, Suite 23A  
Durham, NC 27701

## Target Audience

Graduates of the CBT and Advanced CBT Blended Learning programs.

## Program Description

Although there are many ways to become competent as a clinician in contemporary Cognitive Behavioral Therapies (CBTs), there are few structured ways to continue to learn after finishing formal education (e.g., graduate school). Most ongoing training in CBTs include brief day-long in-person trainings that are unlikely to leave lasting effects in learning. As a result, many clinicians have learned about CBTs but do not have a structure in place to help them continue to incorporate and advance their use of these evidence-based behavioral interventions.

Through a partnership with SR-AHEC and the Department of Psychiatry & Behavioral Sciences at Duke University Medical Center, we have established a curriculum of basic and advanced blended learning courses to train clinicians in contemporary CBTs. Blended learning combines traditional in-person training techniques with multimedia technology, resulting in ongoing training and support from academic psychologists specializing in CBT at Duke in the context of a small group of clinicians, over the course of six months. Individuals who complete the Duke SR-AHEC Basics of CBTs Course are eligible for the Advanced CBTs Course, as are clinicians with other formal training in contemporary CBTs who would like to expand their skills, consult with a community of trained clinicians about ways to use CBTs, and receive face-to-face consultation with CBT experts at Duke University.

Upon completion of the Advanced CBTs course, there is a need for ongoing learning, peer consultation, and advanced skill development for graduates. There is no ongoing structured learning community for clinicians with advanced skills in contemporary CBTs that is agnostic to specific CBT brands (e.g., DBT, ACT, etc.). We are confident based on participant feedback in our programs that there is a desire among our CBT Blended Learning graduates to continually advance their skills throughout their career among a structured community of like-minded clinicians. **As such, we have now established an ongoing learning community for graduates of the CBTs Blended Learning curriculum.** This community will serve as the landing spot for all graduates completing the Basic and Advanced CBTs curriculum and offer opportunities for ongoing learning, development, and networking.

To launch this addition to the CBTs Blended Learning curriculum, we will host in-person half-day meetings at Duke once per quarter for one year, beginning January 6, 2017. The curriculum for these meetings will have several primary components: (1) introduce CBTs Blended Learning graduates to the newest empirically supported CBT interventions, (2) assist clinicians with optimization of assessment and intervention efforts aligned with changes in payor models emphasizing value over volume, and (3) provide infrastructure for peer consultation and the development of a growing network of clinicians with advanced training in contemporary CBTs. The overarching goal of establishing this ongoing community is to develop and retain highly trained members of the behavioral health workforce and improve the quality of care for our patients and clients. If you have completed the Advanced CBTs Blended Learning program, we invite you to join our ongoing learning community in 2017.

## Objectives

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

Review new developments in research and practice among contemporary CBTs.

- Describe the need to improve awareness and planning for future value-based care payor models.
- Discuss successes and challenges implementing contemporary CBT cases.
- Begin developing a peer network of clinicians trained in contemporary CBTs.

## Speaker

**Zach Rosenthal, Ph.D.** is Vice-Chair of Clinical Services and the Director of the Duke Cognitive Behavioral Research and Treatment Program, in the Department of Psychiatry & Behavioral Sciences at Duke University Medical Center. He does research, treats patients, teaches, mentors, oversees the clinical mission of the Department, and trains clinicians in CBTs for adults.

## Credit

CEU: .3

Contact Hours: 3.0 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 3.0 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.

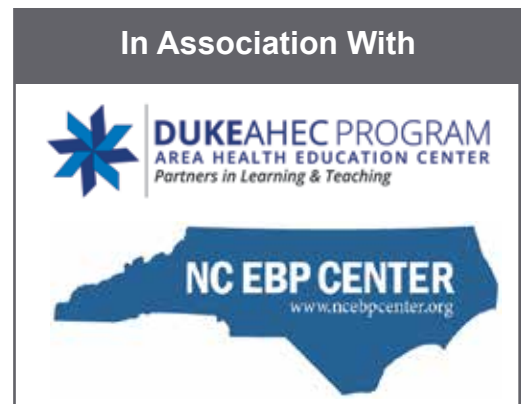
To register, complete and return the attached registration form.

## Fee

\$299 for registrations received on or before March 24, 2017; thereafter \$349.

## Agenda for Each Date

- |           |                          |
|-----------|--------------------------|
| 1 p.m.    | CBT updates and research |
| 2 p.m.    | Break                    |
| 2:15 p.m. | CBT discussion           |
| 3:15 p.m. | Break                    |
| 3:30 p.m. | Case Presentations       |
| 4:30 p.m. | Wrap Up                  |



## 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

La-Lisa Hewett-Robinson, MA, Program Administrator  
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Kate Smith, Program Assistant Mental Health CE, SR-AHEC  
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# Registration Form

Form may be duplicated.

The Duke CBTs Community for Graduates of the CBT Program  
CASCE #50629 / EBP170406

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

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

Click here for online registration: <http://www.aheconnect.com/ncahec/eventdetail.aspx?EventID=50629>

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 \$ \_\_\_\_\_

www.sr-ahec.org  
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910-678-7226



In affiliation with Duke University Medical Center  
Part of the NC AHEC Program