



North Carolina
**Evidence Based
Practices Center**

**Beyond the Basics of Cognitive
Behavioral Therapies (CBTs) for Adults:
The Duke CBT Blended Learning
Program (Advanced Course)**

Program Dates

September 15 and 29, 2017 and April 20, 2018
9 a.m. - 4:30 p.m.

Location:

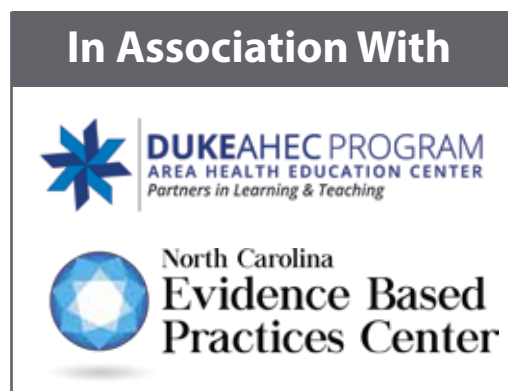
Brightleaf Square
905 West Main Street
2nd Floor, Suite 23A
Durham, NC 27701

Target Audience

This program is designed for healthcare professionals, substance abuse professionals, psychologists, and counselors. Other interested mental health professionals are invited to attend. The prerequisite for the course is prior attendance in the introductory CBT training or equivalent. If you have not had the Introductory CBT course through the NC EBP Center, then you will need to complete an application and discuss qualifications with the trainer. Please contact the NC EBP Center staff for an application.

Program Description

Although there are many ways to begin learning the basics of 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 or other psychotherapies include brief day-long trainings that are unlikely to leave lasting effects in learning. As a result, many clinicians have some general exposure to CBTs but have difficulties taking the next steps to incorporate these evidence-based behavioral interventions into their clinical practices. In addition, there are few structured learning opportunities for those clinicians who do have extensive training and commonly use CBTs yet would like to advance their skills in a community of like-minded clinicians. The purpose of this Advanced CBT course is to address these critical training and development gaps in order to enhance the skills of clinicians already trained in the basic and using CBTs for adults.



Training Approach: Blended Learning

To address the need to support ongoing and advanced learning in CBTs, this training program will use a blended learning curriculum. 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 University in the context of a small group of clinicians, over the course of six months. This is the Advanced Course for trainees with prior formal training in CBTs. Individuals who completed the Duke SR-AHEC Introductory CBT Course offered in 2013-15 are eligible for the Advanced Course, as are clinicians with other formal training in 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.

The program begins with a 2 day in-person didactic and experiential training. Throughout the next 6 months, trainees work with training staff through a dedicated website with a diverse range of learning processes and functions. The web-based training includes monthly webinars with multi-media learning tools designed to teach key principles of CBTs. Trainers lead these webinars and training includes video demonstrations depicting elements of CBTs followed by group discussion. Monthly webinar meetings also will provide opportunities for educational consultation around clinical challenges implementing CBT. In addition, the web-based platform hosts peer-consultation and support capabilities, and will provide critical resources needed to facilitate hands-on learning of key elements of CBTs. In addition, trainees will receive direct individual consultation over the 6 months using video or audio review of therapy sessions and feedback. The training will conclude with another one day in-person 6 hour training day. Before registering we encourage you to speak with SR-AHEC staff about requirements for this course to ensure that it meets your training goals.

Objectives

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

- Develop case conceptualization and treatment planning for complex multi-diagnostic cases using CBT models;
- Help clients identify and live consistently with values by linking values to treatment targets and associated interventions;
- Identify and manage therapy-interfering problems (e.g., lateness, client avoidance) occurring in the process of CBT;
- Use mindfulness and acceptance-based CBT interventions;
- Use exposure-based interventions to reduce anxiety; and
- Conduct behavioral activation as an intervention for depression.

Speaker

M. Zachary Rosenthal, Ph.D., is an associate professor with a joint appointment in the Duke University Medical Center Department of Psychiatry and Behavioral Sciences and the Duke University Department of Psychology and Neuroscience. He is director of the Sensory Processing and Emotion Regulation Program and the Duke Cognitive Behavioral Research and Treatment Program (CBRTP). Within the Department of Psychiatry & Behavioral Sciences, he is the vice chair for clinical services. Dr. Rosenthal is a licensed clinical psychologist in North Carolina trained in contemporary cognitive behavioral therapies (CBTs), and is an expert in the treatment of BPD using dialectical behavior therapy (DBT). Additionally, he provides educational training to community mental health and substance abuse professionals through a partnership between Duke University, AHEC, and the NCEBP Center.

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 24.0 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

\$549 if registration and payment are received by September 1, 2017, \$599 thereafter.

Agenda

Day One

9 a.m.	Introduction and overview
9:30 a.m.	Differentiating CBTs from other treatments for adults with psychiatric disorders
10:15 a.m.	Break
10:30 a.m.	Review of evidence-based cognitive behavioral treatments for adults with different psychiatric disorders
12 p.m.	Lunch (provided)
1 p.m.	Case conceptualization and treatment planning with multi-diagnostic clients using CBT
2:15 p.m.	Break
2:30 p.m.	Linking client values, treatment targets and associated CBT interventions
4:30 p.m.	Wrap Up & adjourn

Day Two

9 a.m.	Identify and manage therapy-interfering problems (e.g., lateness, client avoidance) occurring in the process of CBT
10:15 a.m.	Break
10:30 a.m.	Mindfulness and acceptance-based CBT interventions
12 p.m.	Lunch (provided)
1 p.m.	Exposure-based interventions for anxiety and traumatic stress
2:15 p.m.	Break
2:30 p.m.	Behavioral activation for depression
3:30 p.m.	Overcoming challenges to implementation and preparing for the course
4:30 p.m.	Wrap Up & adjourn

Webinar dates: 10/27, 12/1/17 and 1/5, 2/2, 3/2, 4/6/18, from 12 to 1 pm

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
910-678-7293/La-Lisa.Hewett-Robinson@sr-ahec.org

Kate Smith, Program Assistant Mental Health CE, SR-AHEC
910-678-7305/Kate.Smith@sr-ahec.org

Registration Form

Form may be duplicated.

**Beyond the Basics of Cognitive Behavioral
Therapies (CBTs) for Adults**

CASCE #53357 / EBP170915

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

Online: <http://www.aheconnect.com/ncahec/eventdetail.aspx?EventID=53357>

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
1601 Owen Drive • Fayetteville, NC 28304
(910) 678-7226

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