



Cognitive Behavioral Therapy
A Blended Learning Curriculum

Program Dates

October 11-12, 2017 & March 26, 2018

Monthly Webinars

Oct. 31, Nov. 14, Dec. 12, 2017
Jan 9, Feb. 6, March 6, 2018

Location:

Brightleaf Square
905 W Main St, Suite 23A
Durham, NC 27701

Target Audience

This program is designed for healthcare professionals, social workers, substance abuse professionals, psychologists, and counselors. Other interested mental health professionals are invited to attend.

Program Description

Cognitive Behavioral Therapy (CBT) includes a wide variety of empirically supported behavioral interventions that can be implemented in a relatively brief timeframe when needed (e.g., up to 16 sessions) to clients with a wide variety of different mental health and substance use disorders. Hundreds of clinical trials have been conducted to demonstrate the efficacy of CBTs, with many of these interventions now considered to have strong empirical support as evidence-based interventions. Despite the impressive amount of scientific research done on various CBTs, there are significant challenges to implementing CBTs in community treatment programs, outpatient clinics, and private practices. One major challenge is that many clinicians have limited formal training in CBT. Traditional training workshops rely mostly on in-person classroom didactics, but learning how to do CBTs is complex and requires additional and more extensive training. To address the need to provide a higher level of training in CBT, this new 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, over the course of six months. This course is a Basic Track for trainees new to behavioral therapies or CBT. (An Advanced Track for trainees who have already received some formalized CBT training will be offered in the spring of 2018.)

Program Structure

The program begins with two (2) full days in-person didactic and experiential trainings. Throughout the next 6 months, trainees will work with training staff through a dedicated website that can enable 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 will host peer-consultation and support capabilities, and will provide critical resources needed to facilitate hands-on learning of key elements of CBTs. The training will conclude with an additional in-person 6 hour training day.

Objectives

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

- Explain behavioral principles underlying CBTs
- Discuss complex multi-diagnostic cases using CBT models
- Describe how to orient clients to CBT
- Explain the methods to conduct behavioral assessments to identify the function of problem behaviors
- Identify how to choose and use CBT interventions that help clients change behavior inside and outside the clinic
- Explain the cognitive therapy interventions used to help clients identify and change problematic ways of thinking
- Identify targets for change and measure progress to determine treatment outcomes

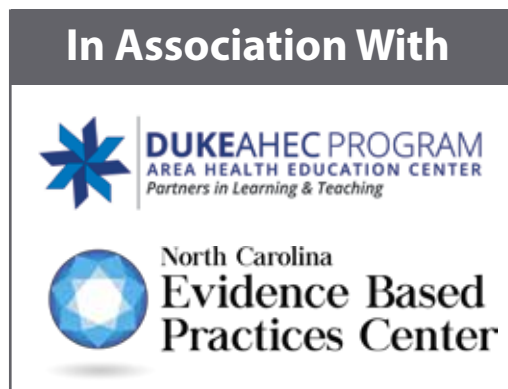
Speaker

Andrada D. Neacsiu, PhD has completed her doctoral degree (with distinction) in Clinical Psychology at the University of Washington, her internship training in behavioral medicine at Harborview Medical Center in Seattle. She completed a postdoc at Duke University Medical Center under the mentorship of Dr. Rosenthal. She is currently an Assistant Professor in the department of Psychiatry at Duke. Her research focuses on Dialectical Behavior Therapy (DBT), borderline personality disorder (BPD), and treatment development for emotion dysregulation. Clinically, Dr. Neacsiu specializes in cases that are complex and difficult to treat, such as cases where there are multiple comorbidities, cases combining psychological and medical problems, and BPD cases.

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 1, 2017, \$549 thereafter.

Agenda

DAY ONE October 11, 2017

| | |
|---------------------|--|
| 9–10:15 a.m. | Differentiate cognitive behavioral therapies from other treatments for adults with psychiatric disorders |
| 10:15–10:30 a.m. | Morning Break |
| 10:30 a.m. –12 p.m. | Identify evidence-based cognitive behavioral treatments for adults with different psychiatric disorders |
| 12–1 p.m. | Lunch (provided) |
| 1 –2:15 p.m. | Case conceptualization in CBT for adults |
| 2:15 – 2:30 p.m. | Afternoon Break |
| 2:30 – 4:30 p.m. | Case conceptualization in CBT for adults: practice and homework |

DAY TWO October 12, 2017

| | |
|----------------|---|
| 9:00–10:15 | Case conceptualization homework review |
| 10:15–10:30 | Morning Break |
| 10:30–12:00 | Application of CBT techniques (e.g., cognitive reappraisal, behavioral activation, exposure-based interventions) in difficult populations |
| 12–1 p.m. | Lunch (provided) |
| 1:00–2:15 p.m. | Practicing CBT techniques |
| 2:15–2:30 p.m. | Afternoon Break |
| 2:30–3:30 p.m. | Practicing CBT techniques |
| 3:30–4:40 p.m. | Overcoming challenges to implementation of CBT |

DAY THREE March 26, 2018

| | |
|------------|--------------------|
| 9 a.m. | Case Presentations |
| 10:15 a.m. | Break |
| 12 p.m. | Lunch (provided) |
| 1 p.m. | Case Presentations |
| 2:15 p.m. | Break |
| 4:30 p.m. | Wrap Up Q&A |

Webinars: Time frame - 12 to 1 p.m.

Dates - 10/31, 11/14, 12/12, 2017

1/9, 2/6, 3/6, 2018

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.

Cognitive Behavioral Therapy: Blended Curriculum

CASCE #53233 / EBP171011

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

Online: <http://www.aheconnect.com/ncahec/eventdetail.aspx?EventID=53233>

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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