Southern Regional AFEC Area Health Education Center

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

North Carolina Evidence Based Practices Center

Cognitive Behavioral Therapies: The Duke CBTs Community for Cognitive Behavioral Therapies (CBT) Practitioners

Program Dates

December 6, 2019, March 6 and June 5, 2020 12:30 p.m. - 5 p.m.

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

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

Target Audience

This training series will be beneficial for behavioral health professionals who have been in previous blended learning CBT courses, and for established CBT clinicians seeking a clinician community to be a part of an ongoing education series to promote skill building and peer networking opportunities. These events have been planned for psychologists, clinicians, therapists, counselors, social workers, marriage and family therapists, substance abuse counselors, and all other interested mental health professionals.

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. Upon completion of CBT training, there is a need for ongoing learning, peer consultation, and advanced skill development for practitioners. 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 and other practitioners 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, development, and networking.

Objectives

Upon completion of this workshop, participants will be able 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.

Agenda

CBT updates and research
Break
CBT discussion
Break
Case Presentations
Wrap Up

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.

Fee

\$229 for registrations received on or before November 15, 2019; thereafter \$279

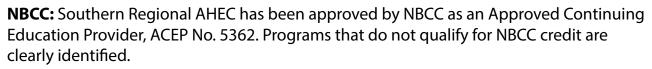
Credit

C.E.U.: 1.2

Contact Hours: 12.0

NAADAC: SR-AHEC adheres to NAADAC Education Provider Guidelines Provider #108762 (Substance Abuse Credit).

NC Psychologists Category A: The program will provide 12.0 contact hours (category A) continuing education credit to NC Psychologists.



Southern Regional AHEC is solely responsible for all aspects of the programs.

No partial credit will be given. Individuals arriving 15 minutes or more after the starting time will not receive credit.

Credit will be awarded to participants who attend 100% of the program.

Substitutes/Refunds/Transfers

Cancellations must be in writing (fax, email, or mail)

- Registrants cancelling between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee.
- No refunds or credits will be given for cancellations received less than two full business days prior to the event.
- Cancellations greater than 2 weeks prior to the event will receive 100% refund.
- No vouchers will be issued in lieu of a refund.
- Transfers/substitute(s) welcome (notify in advance of the program)

Please bring a jacket or other additional covering since we will not be able to adjust the thermostat.

Contacts

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Our Mental Health Blog: https://www.southernregionalahec.org/category/blog/mental-health/





A MyAHEC account is required to complete registration. If you do not have a MyAHEC account, please go to our website at:

<u>https://www.southernregionalahec.org/create-account</u> to create an account. Please use your personal email address when you create your MyAHEC account as work email accounts can change.

The handouts for the program will be provided online. Early registration is encouraged, as full access instructions will be sent with registration confirmation via e-mail.

For Continuing Education References concerning inclement weather, tobaccofree campus and ADA requirements, please go to: https://www.southernregionalahec.org/about-us/general-reference/

Registration Form

CASCE #59590 / EBP191206

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Updated Contact	Information			
Name:		Creder	ntials:	
Personal Email:		Secondary Ema	il:	
Phone:		Employer:		
□ Check Enclosed (Make check payable	to SR-AHEC)		
We accept the follow	wing credit cards: Visa	a, Mastercard, Discover, An	nerican Express	
Card Number:				
Expiration date:				
Name on card:				_
Signature:				
Dietary Preferences	:			
Vegetarian	🗆 Vegan	Gluten-Free	Special Need/Allergies	
Send completed reg SR-AHEC, Attention	•	n Drive, Fayetteville, NC 28	304 or e-mail to registrar@sr-ahec.org	

