



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

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 community for CBT practitioners. This community will offer opportunities for 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

| | |
|------------|--------------------------|
| 12:30 p.m. | CBT updates and research |
| 1:45 p.m. | Break |
| 2:00 p.m. | CBT discussion |
| 3:45 p.m. | Break |
| 4 p.m. | Case Presentations |
| 5 p.m. | 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.

NBCC: Southern Regional AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5362. Programs that do not qualify for NBCC credit are clearly identified.



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: <https://www.southernregionalahec.org/create-account> 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, tobacco-free campus and ADA requirements, please go to: <https://www.southernregionalahec.org/about-us/general-reference/>

CASCE #59590 / EBP191206

Registration Form

Cognitive Behavioral Therapies: The Duke CBTs Community for Cognitive Behavioral Therapies (CBT) Practitioners - Starts December 6, 2019

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

Updated Contact Information

Name: _____ Credentials: _____

Personal Email: _____ Secondary Email: _____

Phone: _____ Employer: _____

Check Enclosed (Make check payable to SR-AHEC)

We accept the following credit cards: Visa, Mastercard, Discover, American Express

Card Number: _____

Expiration date: _____

Name on card: _____

Signature: _____

Dietary Preferences:

Vegetarian Vegan Gluten-Free Special Need/Allergies _____

Send completed registration form to:

SR-AHEC, Attention: Registrar, 1601 Owen Drive, Fayetteville, NC 28304 or e-mail to registrar@sr-ahec.org

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

www.sr-ahec.org
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