



INTENSIVE TRAINING IN CBT (7-PART SERIES)

STARTING AUGUST 4, 2022

ATTEND VIRTUALLY VIA LIVE WEBINAR

SERIES DESCRIPTION

MAHEC and CBT Training and Consultancy, Inc. are pleased to announce an intensive training program in Cognitive Behavior Therapy (CBT) for mental health and other healthcare professionals.

The program consists of seven sessions over nine days (six hours per day) focused on fundamental and advanced conceptualization and intervention skill development. In addition, applications of CBT to various clinical populations including children, couples, and specialties such as mood, anxiety, personality, and substance use disorders will be extensively covered.

1. August 4, 2022 (1 Day)

Introduction to the Cognitive Behavioral Therapy (CBT) Model, Conceptualization, and Interventions

2. August 5, 2022 (1 Day)

CBT for Depressive and Bipolar Disorders

3. September 1–2, 2022 (2 Days)

CBT for Anxiety Disorders

4. October 6–7, 2022 (2 Days)

CBT for Personality Disorders

5. November 10, 2022 (1 Day)

CBT for Substance Use Disorders

6. November 11, 2022 (1 Day)

CBT with Children and Adolescents

7. December 2, 2022 (1 Day)

CBT for Couples and Relationship Problems

REGISTER
ONLINE

Participants are encouraged to attend all sessions to maximize knowledge and skill development. However, participants can attend individual sessions based on their clinical interests.

Participants who attend single sessions will receive continuing education credit for the sessions attended. Those who attend all sessions will receive continuing education credit, a certificate of completion of intensive CBT training, and will have met the training hour criterion (40 hours) for credentialing as a CBT therapist through the prestigious Academy of Cognitive and Behavioral Therapies.

More information on this process will be given during the training. Interested individuals can go to www.academyofct.org to learn more.

TARGET AUDIENCE

Mental health professionals including substance use counselors, social workers, psychologists, marriage and family therapists, school counselors, and other professionals interested in this subject.

SERIES OBJECTIVES

Upon completion, participants will be able to:

- Describe the Cognitive Behavioral model of psychological disturbance
- Summarize the evidence base for CBT with several clinical populations
- Conceptualize clinical cases from a Cognitive Behavioral perspective
- Identify and describe at least four fundamental CBT interventions and skills
- Articulate the formulation and clinical strategy specific to CBT for mood, anxiety, substance use, and personality disorders
- Adapt CBT interventions for couples and children

PROVIDED BY



CONTENT BY



CBT Training and Consultancy Inc.
Providing CBT training, supervision & consultation

INTENSIVE TRAINING IN CBT #1

DATE	Thursday, August 4, 2022
LOCATION	Live Webinar (Webex platform)
CHECK-IN	8:30 am–9:00 am
PROGRAM	9:00 am–4:30 pm
TOPIC	Introduction to the Cognitive Behavioral Therapy (CBT) Model, Conceptualization, and Interventions

AGENDA

8:30 am	Check-in
9:00 am	<ul style="list-style-type: none">• The Cognitive Behavioral Model and Theory of Psychopathology• Beck's Model: Automatic Thoughts, Intermediate Beliefs, and Schemas• Cognitive Distortions
10:30 am	Break
10:45 am	Content Specificity, Myths about CBT, and Discussion of Other Models
12:00 pm	Lunch Break
1:00 pm	Cognitive Behavioral Conceptualization and Competencies/General Skills
3:00 pm	Break
3:15 pm	Key Cognitive and Behavioral Interventions
4:30 pm	Adjourn

OBJECTIVES

Upon completion, participants will be able to:

- Describe the Cognitive Behavioral Model of psychological disturbance
- Conceptualize cases from a Cognitive Behavioral perspective
- Identify the key skills and techniques of CBT

CREDITS

- **NAADAC:** 6.0
- **NBCC:** 6.0
- **Psychologists:** 6.0
- **CEUs:** 0.6
- **Contact Hours:** 6.0

INTENSIVE TRAINING IN CBT #2

DATE	Friday, August 5, 2022
LOCATION	Live Webinar (Webex platform)
CHECK-IN	8:30 am–9:00 am
PROGRAM	9:00 am–4:30 pm
TOPIC	CBT for Depressive and Bipolar Disorders

AGENDA

8:30 am	Check-in
9:00 am	<ul style="list-style-type: none">• Overview of Psychological Treatments for Depressive & Bipolar Disorders and Their Effectiveness• Beck's Model of Depression: Negative Automatic Thoughts/Distortions/Dysfunctional Beliefs in Depression• Overview of CBT with Depressed Clients
10:30 am	Break
10:45 am	Behavioral and Cognitive Interventions
12:00 pm	Lunch Break
1:00 pm	Mindfulness-based Cognitive Therapy (MBCT) and Relapse Prevention
3:00 pm	Break
3:15 pm	CBT Interventions for Bipolar Disorder and Assessment & Interventions with Suicidal Clients
4:30 pm	Adjourn

OBJECTIVES

Upon completion, participants will be able to:

- Articulate the cognitive behavioral model of depression
- Identify and describe at least three clinical procedures with depressed and bipolar clients
- Summarize an assessment and intervention strategy with suicidal clients

CREDITS

- **NAADAC:** 6.0
- **NBCC:** 6.0
- **Psychologists:** 6.0
- **CEUs:** 0.6
- **Contact Hours:** 6.0

INTENSIVE TRAINING IN CBT #3

DATE 1	Thursday, September 1, 2022
LOCATION	Live Webinar (Webex platform)
CHECK-IN	8:30 am–9:00 am
PROGRAM	9:00 am–4:30 pm
DATE 2	Friday, September 2, 2022
LOCATION	Live Webinar (Webex platform)
CHECK-IN	8:30 am–9:00 am
PROGRAM	9:00 am–4:30 pm
TOPIC	CBT for Anxiety Disorders

CREDITS

- **NAADAC:** 12.0
- **NBCC:** 12.0
- **Psychologists:** 12.0
- **CEUs:** 1.2
- **Contact Hours:** 12.0

DAY 1 AGENDA

- 8:30 am** Check-in
- 9:00 am**
- CBT Model of Anxiety
 - Cognitive Content and Processing in Anxiety Disorders
- 10:30 am** Break
- 10:45 am** Models of Worry and Generalize Anxiety Disorder (GAD): Assessment and Interventions
- 12:00 pm** Lunch Break
- 1:00 pm** CBT Model of Panic Disorders: Assessment and Interventions
- 3:00 pm** Break
- 3:15 pm** CBT Model of Social Anxiety Disorder: Assessment and Interventions
- 4:30 pm** Adjourn

DAY 1 OBJECTIVES

Upon completion, participants will be able to:

- Articulate the Cognitive Behavioral Model of anxiety disorders
- Describe the role of intolerance of uncertainty (IOU) in maintaining GAD and a CBT intervention strategy for IOU
- Summarize interoceptive and in-vivo exposure assessment and intervention procedures for Panic Disorder
- Describe a cognitive behavioral conceptualization and intervention strategy for Social Anxiety Disorder

DAY 2 AGENDA

- 8:30 am** Check-in
- 9:00 am** CBT Model for the Maintenance of OCD: Principles of Exposure and Response Prevention (ERP) & Practice
- 10:30 am** Break
- 10:45 am** Cognitive-based Alternatives to ERP: Thought-Action Fusion and Intolerance of Uncertainty
- 12:00 pm** Lunch Break
- 1:00 pm** CBT Model of PTSD & Cognitive Processing Therapy
- 3:00 pm** Break
- 3:15 pm** Trauma-focused CBT: Prolonged Exposure and Special Issues in the Treatment of PTSD
- 4:30 pm** Adjourn

DAY 2 OBJECTIVES

Upon completion, participants will be able to:

- Summarize Cognitive Behavioral Models of OCD and PTSD
- Design exposure procedures for OCD and PTSD
- Describe cognitive interventions for OCD and PTSD
- Identify common issues encountered in providing CBT with OCD and PTSD clients and articulate relevant strategies

INTENSIVE TRAINING IN CBT #4

DATE 1	Thursday, October 6, 2022
LOCATION	Live Webinar (Webex platform)
CHECK-IN	8:30 am–9:00 am
PROGRAM	9:00 am–4:30 pm
DATE 2	Friday, October 7, 2022
LOCATION	Live Webinar (Webex platform)
CHECK-IN	8:30 am–9:00 am
PROGRAM	9:00 am–4:30 pm
TOPIC	CBT for Personality Disorders

CREDITS

- **NAADAC:** 12.0
- **NBCC:** 12.0
- **Psychologists:** 12.0
- **CEUs:** 1.2
- **Contact Hours:** 12.0

DAY 1 AGENDA

- 8:30 am** Check-in
- 9:00 am** Key Issues in Treating PDs: Beck's Model of PDs and Young's Schema Therapy Approach
- 10:30 am** Break
- 10:45 am** Conceptualization and Interventions for Cluster C Personality Disorders: Techniques for Avoidant
- 12:00 pm** Lunch Break
- 1:00 pm** Techniques for Dependent and Obsessive Compulsive Disorders
- 3:00 pm** Break
- 3:15 pm** Conceptualizing Histrionic & Narcissistic Personality Disorders and Determining Interventions
- 4:30 pm** Adjourn

DAY 1 OBJECTIVES

Upon completion, participants will be able to:

- Describe the cognitive behavioral conceptualization of personality disorders
- Detail an intervention strategy for Avoidant, Dependent, Obsessive Compulsive, Narcissistic, and Histrionic PDs
- Summarize at least three core CBT interventions for PDs

DAY 2 AGENDA

- 8:30 am** Check-in
- 9:00 am**
 - Cognitive Behavioral Conceptualization of Borderline Personality Disorder (BPD)
 - Key Beliefs and Cognitive Processes: Interaction of Cognitive, Emotional, and Behavioral Factors
- 10:30 am** Break
- 10:45 am** CBT and DBT Intervention Strategies
- 12:00 pm** Lunch Break
- 1:00 pm** CBT Conceptualization of Antisocial Personality Disorder (APD): Cognitive Biases and Behavioral Factors
- 3:00 pm** Break
- 3:15 pm** Strategies and Interventions for APD
- 4:30 pm** Adjourn

DAY 2 OBJECTIVES

Upon completion, participants will be able to:

- Conceptualize Borderline Personality Disorder (BPD) and Anti-Social Personality Disorder (APD) from a cognitive behavioral perspective
- Summarize intervention strategies specific to BPD and APD
- Identify key skills missing from BPD and APD repertoires

INTENSIVE TRAINING IN CBT #5

DATE	Friday, November 10, 2022
LOCATION	Live Webinar (Webex platform)
CHECK-IN	8:30 am–9:00 am
PROGRAM	9:00 am–4:30 pm
TOPIC	CBT for Substance Use Disorders

AGENDA

8:30 am	Check-in
9:00 am	Overview of Cognitive Behavioral Approaches: Motivational Interviewing and Behavioral Couple's Therapy
10:30 am	Break
10:45 am	Behavioral Self Control, Contingency Management, Behavioral Methods, and Cognitive Behavioral Model
12:00 pm	Lunch Break
1:00 pm	Developing a CBT Treatment Plan and Interventions
3:00 pm	Break
3:15 pm	Mindfulness-based Relapse Prevention
4:30 pm	Adjourn

OBJECTIVES

Upon completion, participants will be able to:

- Implement the cognitive behavioral model of substance use
- Describe at least three CBT interventions for substance use clients
- List evidence-based models for SUDs
- Discuss the interaction of mental illness and CBT in the care of substance use clients

CREDITS

- **NAADAC:** 6.0
- **NBCC:** 6.0
- **Psychologists:** 6.0
- **CEUs:** 0.6
- **Contact Hours:** 6.0

INTENSIVE TRAINING IN CBT #6

DATE	Friday, November 11, 2022
LOCATION	Live Webinar (Webex platform)
CHECK-IN	8:30 am–9:00 am
PROGRAM	9:00 am–4:30 pm
TOPIC	CBT with Children and Adolescents

AGENDA

8:30 am	Check-in
9:00 am	Overview of Child CBT Evolution: Differences and Adaptations in Child and Adult CBT Models
10:30 am	Break
10:45 am	CBT Assessment and Treatment Planning with Children and Teens
12:00 pm	Lunch Break
1:00 pm	Overview of CBT Interventions: Techniques for Depressed and Anxious Children and Teens
3:00 pm	Break
3:15 pm	CBT for Oppositional Defiant/Conduct Disorders & Anger Issues and Evidence-based Treatments for ADHD
4:30 pm	Adjourn

OBJECTIVES

Upon completion, participants will be able to:

- Summarize the adaptations in style, process, and interventions of standard CBT for children
- List at least three CBT interventions for children and adolescents with emotional problems
- Describe a CBT approach for child and adolescent problem behavior

CREDITS

- **NAADAC:** 6.0
- **NBCC:** 6.0
- **Psychologists:** 6.0
- **CEUs:** 0.6
- **Contact Hours:** 6.0

INTENSIVE TRAINING IN CBT #7

DATE	Friday, December 2, 2022
LOCATION	Live Webinar (Webex platform)
CHECK-IN	8:30 am–9:00 am
PROGRAM	9:00 am–4:30 pm
TOPIC	CBT for Couples and Relationship Problems

AGENDA

8:30 am	Check-in
9:00 am	Overview of Cognitive Behavioral Model and Approaches to Couple and Family Problems
10:30 am	Break
10:45 am	Steps in Conducting Couple CBT: Assessment, Identification of Variables, and Treatment Planning
12:00 pm	Lunch Break
1:00 pm	Cognitive and Behavioral Techniques: Strategies from CBT-related Fields (ACT, DBT, and Positive Psychology)
3:00 pm	Break
3:15 pm	CBT Model of Family Problems and Family Interventions
4:30 pm	Adjourn

OBJECTIVES

Upon completion, participants will be able to:

- Summarize the Cognitive Behavioral Model of relationship disturbance
- Assess couple or family problems from a cognitive behavioral perspective
- Identify and describe at least three CBT couple or family interventions

CREDITS

- **NAADAC:** 6.0
- **NBCC:** 6.0
- **Psychologists:** 6.0
- **CEUs:** 0.6
- **Contact Hours:** 6.0

CREDIT OFFERINGS



NAADAC: This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #165445.

MAHEC is responsible for all aspects of their programming.



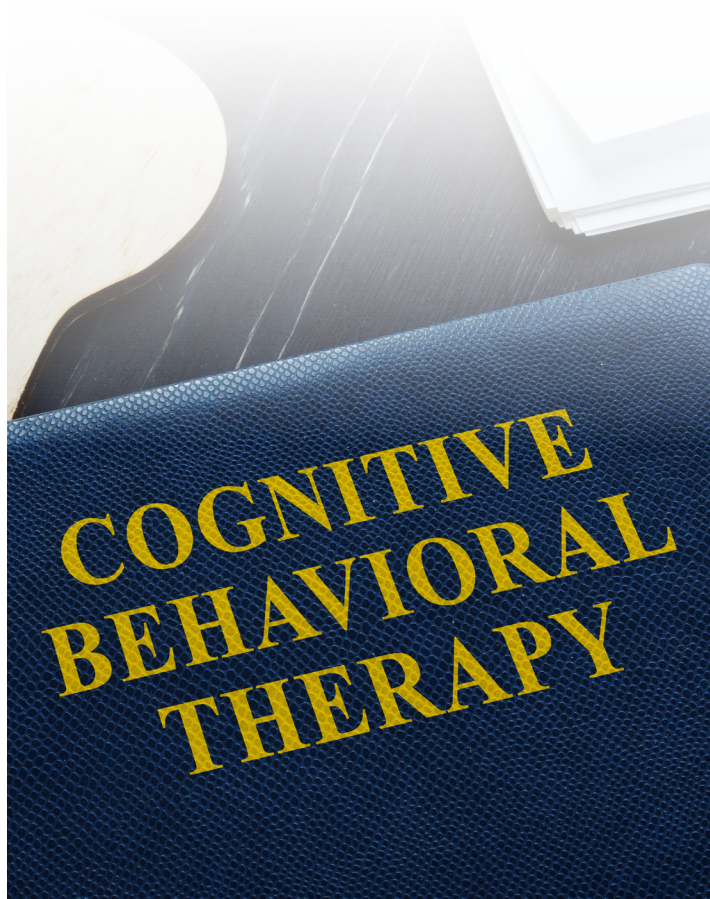
NBCC: MAHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is

solely responsible for all aspects of their programs.

Psychologists: MAHEC is recognized by the North Carolina Psychology Board as an approved Provider of Category A Continuing Education for North Carolina Licensed Psychologists.

CEUs: MAHEC designates this live continuing education activity as meeting the criteria for CEUs as established by the National Task Force on the Continuing Education Unit.

Contact Hours: MAHEC designates this live continuing education activity as meeting the criteria for contact hours.



SERIES FACULTY



John Ludgate, PhD, is a licensed psychologist who has worked as a psychotherapist for almost 30 years. He currently works at the CBT Center of Western North Carolina, located in Asheville, NC. He specializes in

treating mood, anxiety, relationship, and psychosexual disorders. As well as having an active clinical practice, he is involved in training and supervision in CBT.

He obtained a bachelor's degree in Psychology from Trinity College, Dublin; a master's degree in Clinical Psychology from University of Edinburgh in Scotland; and a PhD from Trinity College, Dublin. He trained at the Center for Cognitive Therapy under Dr. Aaron Beck, the founder of Cognitive Therapy, obtaining a Post-Doctoral Fellowship in Cognitive Therapy from the University of Pennsylvania in 1986. He subsequently became Assistant Director of Training at Dr. Beck's Center. In the early 1990s, Dr. Ludgate was a Research Clinical Psychologist at the University of Oxford in England and served as a cognitive-behavioral therapist in several outcome studies of panic disorder, agoraphobia, social phobia, and hypochondriasis. He subsequently worked as a clinical psychologist in state agencies and private practice.

In 1988, he published the book *Maximizing Psychotherapeutic Gains and Preventing Relapse in Emotionally Distressed Clients* and was co-editor with Beck and others of *Cognitive Therapy with Inpatients: Developing a Cognitive Milieu*, published in 1990. He published *Cognitive-Behavioral Therapy and Relapse Prevention for Depression and Anxiety* in 2009 and *Heal Yourself: A CBT Approach to Reducing Therapist Distress and Increasing Therapeutic Effectiveness* in 2012. In 2014, he co-authored the book *Overcoming Compassion Fatigue: A Practical Resilience Workbook* with Martha Teater. In 2016, he co-edited the book *Teaching and Supervising Cognitive Behavioral Therapy*, published by Wiley. With Teresa Grubr, he published the *CBT Couples Toolbox* in 2018. He has written numerous journal articles and book chapters in the field of Cognitive Behavior Therapy for anxiety and depression. He has presented many seminars and workshops on cognitive behavioral approaches, both nationally and internationally.

He is a Founding Fellow of the Academy of Cognitive Therapy and serves on the Credentialing Committee of the Academy.



R. Trent Codd, III, Ed.S., is the Executive Director of the Cognitive-Behavioral Therapy Center of WNC. He specializes in evidence-based practice and has extensive training and experience with several empirically supported therapies,

including Beckian Cognitive Therapy and Clinical Behavior Analytic approaches such as Goldiamond's Constructional/Non-linear Functional Analytic Approach, Acceptance and Commitment Therapy (ACT), Functional Analytic Psychotherapy (FAP), and Radically Open Dialectical Behavior Therapy (RO DBT).

Trent treats a broad range of clinical concerns, but has particular interest in the treatment of disorders of over-control and OC-Spectrum Disorders. He works with children, adolescents, and adults. Trent received his M.A. and Ed.S. degrees in Mental Health Counseling at the University of Florida and completed an internship at UF's Shands Health Hospital inpatient psychiatric unit. He also completed a Certificate of Graduate Study in Alcohol and Drug Studies at the University of South Carolina's School of Public Health, as well as graduate training in Applied Behavior Analysis at the University of North Texas. He trained at the Beck Institute for Cognitive Therapy and Research and is a graduate of the International Obsessive Compulsive Disorder Foundation's and the National Tourette Syndrome Association's Tourette Syndrome Behavior Therapy Training Institutes (BTTIs).

Trent is a Fellow of the Academy of Cognitive Therapy, a Board Certified Behavior Analyst, and maintains professional membership in the Association for Behavior Analysis International, the Association for Contextual and Behavioral Science, and the Association for Behavioral and Cognitive Therapies. He is the co-author of *Teaching and Supervising Cognitive Behavioral Therapy and Socratic Questioning for Therapists and Counselors: Learn How to Think and Intervene Like a Cognitive Behavior Therapist*.

REGISTRATION POLICIES

Session and series fees listed on the following page include administrative costs and educational materials.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations that are received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received 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
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

MAHEC assumes permission to use audio, video, and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

HAVE A QUESTION?



Special Services

828-348-3630

Program Planner

Katherine Van Horne, MAT

828-257-4400 | katherine.vanhorne@mahec.net

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828-257-4475

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Asheville, NC 28803

Online Registration

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INTENSIVE TRAINING IN CBT (7-PART SERIES) STARTING AUGUST 4, 2022

ATTEND VIRTUALLY VIA LIVE WEBINAR

REGISTRATION FORM

By registering for this series or sessions therein, you are granting permission for your contact information to be shared with CBT training and Consultancy, Inc. and CBT Counseling Centers.

[REGISTER ONLINE](#)

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GENERAL REGISTRATION FEES

Aug. 4, 2022 (1 Day)

\$150.00

Aug. 5, 2022 (1 Day)

\$150.00

Sept. 1–2, 2022 (2 Days)

\$300.00

Oct. 6–7, 2022 (2 Days)

\$300.00

Nov. 10, 2022 (1 Day)

\$150.00

Nov. 11, 2022 (1 Day)

\$150.00

Dec. 2, 2022 (1 Day)

\$150.00

ENTIRE SERIES

\$1,000.00

DISCOUNTED REGISTRATION FEES

Groups (five or more from the same agency, registering and paying at the same time) and MAHEC Employees.

Aug. 4, 2022 (1 Day)

\$120.00

Aug. 5, 2022 (1 Day)

\$120.00

Sept. 1–2, 2022 (2 Days)

\$240.00

Oct. 6–7, 2022 (2 Days)

\$240.00

Nov. 10, 2022 (1 Day)

\$120.00

Nov. 11, 2022 (1 Day)

\$120.00

Dec. 2, 2022 (1 Day)

\$120.00

ENTIRE SERIES

\$900.00

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

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