

CBT ESSENTIALS

INFORMATION

Basics of CBT: Essentials I -

August 19, 2024
8:30am - 4:00pm

This training will provide a strong foundation in the theory and practice of Cognitive Behavioral Therapy (CBT). Participants will learn how to conceptualize cases, structure client sessions, and teach clients the cognitive and behavioral skills they need to make changes and accomplish goals.

CBT in Practice: Essentials II -

September 9th & 10th, 2024
8:30am - 4:00pm

The course is organized around the Cognitive Therapy Rating Scale—and digs into the “how” of practicing CBT: how to establish a therapeutic alliance, generate internal motivation, structure therapy sessions, and develop effective action plans for each client. Additionally, you will learn to design effective treatment plans based on your conceptualizations, to elicit and respond appropriately to feedback, and much more.



CBT ESSENTIALS I & II **Presenter: Dr. Michael Tompkins** **from BECK Institute**

CMH Auditorium
Adult Clinical Staff
Face to Face Only

SW CE's offered for all sessions

You must register for each session separately using the links below.

Basics of CBT: Essentials I

August 19th, 8:30am - 4:00pm

Click here to register or scan the QR code below: <https://wkf.ms/3VXO995>



CBT In Practice: Essentials II

September 9th & 10th,
8:30am - 4:00pm

Click here to register or scan the QR code below: <https://wkf.ms/45H9RkJ>



Please Note: You must have attended Essentials I prior to attending Essentials II.

For questions regarding registration or assistance with ADA accommodations, contact Tammy Lake at (810)966-2597 or tlake@scccmh.org.



St. Clair County
Community Mental Health
Providing Opportunities for Health, Wellness, & Connection



St. Clair County Community Mental Health is an approved provider with the Michigan Social Work Continuing Education Collaborative. The approved provider number is: MICEC-0054



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BEHAVIOR
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