

Cognitive Behavioral Therapy (CBT)
Heather Gagnon, LICSW, LADC
November 7, 2017 from 9:00am to 4:30pm

9:00- 9:10 - 10 minutes Introduction to material and information

9:10- 9:12 - 2 minutes outline

9:12 - 9:15- 3 minutes consider aspects of training

9:15- 9:35- 20 minutes The key components of CBT

9:35- 9:55- 20 minutes history of Cognitive Behavior Therapy

9:55-10:55 60 Structure of a therapy session, The therapeutic relationship, Setting goals with clients

10:55- 11:10- 15 minute Break

11:10 - 12:00 - 50 minutes discussing CBT and how to approach CBT and overall expectations for starting a session - setting up the group or individual and how to explain expectations to the client/clients

12:00 - 1:00 - Lunch

1:00- 1:35 -35 minutes The cognitive model

1:35 - 2:00 - 25 minutes -Automatic thoughts, Core beliefs, assumptions, and coping strategies

2:00- 2:15 - 15 minutes - Identifying, evaluating, and responding to cognitions

2:15 - 2:45- 30 minutes Action Plan Collaboratively designing effective action plans, Facilitating completion of the action plan, Core beliefs, assumptions, and coping strategies, Reviewing the action plan at the next session

2:45-3:00 15 minute - Break

3:00 - 3:15 minutes Show several different CBT worksheets and how they enhance a session.

3:15 - 4:00- 45 minutes Break into group and practice using CBT Skills

4:00- 4:15 - 15 minutes debrief around the practice of the CBT skills

4:15-4:30 15 minutes of summary, questions and wrap up.

