

# PRINCIPLES AND APPLICATIONS OF COGNITIVE BEHAVIORAL THERAPY

**This virtual course explores the history of CBT, provides a skills overview and practical application to various populations, and discusses how to write an effective Person-Centered Plan to include CBT practice.**

**Course Objectives:**

- 1) Explore the history of CBT**
- 2) Review different skills and modalities of CBT**
- 3) Practical application of CBT practice with various populations**
- 4) Include CBT in PCP's**



**About Presenter Angela Curtis, MA, TLLP:** Angela has a Masters Degree in Arts From The Michigan School for Professional Psychology. Angela began working at Macomb County Community Mental Health as a Case Manager at First Resources North. Angela then moved to the Administrative Department and assisted with the Self Determination Program and Corporate Compliance. Angela is now a part of the Workforce Development team in the CSI Department and facilitates training for Macomb County staff, and Direct Service Professionals. Angela facilitates training such as Introduction to DSP, Working With People, Nutrition and Environmental Emergencies. Angela also facilitates training for Nonviolent Crisis Intervention (CPI), and First Aid and CPR (A-I Health and Safety).



**WHEN  
9:00A-11:00A ON  
THE DATES BELOW**

**Wednesday,  
4/21/2021**

**Friday  
6/11/2021**

**Friday  
9/17/2021**

**Friday  
11/19/2021**

**\*VIRTUAL\***

**Meeting information will be sent out after registration and before training date**

**REGISTRATION  
REQUIRED**

**EMAIL:**

**[TrainingOffice@mccmh.net](mailto:TrainingOffice@mccmh.net)**

**Approved for  
2.0 SW CE  
Hours  
& 2 CDTs  
Hours**