

PRINCIPLES AND APPLICATIONS OF COGNITIVE BEHAVIORAL THERAPY

This virtual course explores the history of CBT, provides a skills overview, a general discussion of 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) Discussion of practical application of CBT practice with various populations
- 4) Include CBT in PCP's



WHEN
9:00A—11:00A

Thursday,
2/23/2023

Wednesday,
6/28/2023

Tuesday,
10/17/2023

VIRTUAL

MCCMH West Training Office
6555 15 Mile Rd., Sterling Heights,
MI 48312

REGISTRATION
REQUIRED

CLICK HERE, TO REGISTER
Cognitive Behavioral Therapy
2023

*Approved
for 2.0 SW
CE Hours
& 2 CDT's
Hours*