PRINCIPLES AND APPLICATIONS OF COGNITIVE BEHAVIOR-AL 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

Wednesday, 3/27/2024

Wednesday, 8/28/2024

Thursday, 11/21/2024

VIRTUAL
MEETING INFORMATION WILL BE SENT VIA EMAIL A MINIMUM OF 24 HOURS IN ADVANCE TO THE TRAINING.

REGISTRATION* REQUIRED

CLICK HERE, TO REGISTER
CBT Registration 2024

MACOMB COUNTY COMMUNITY MENTAL HEALTH