PRINCIPLES AND APPLICATIONS OF

COGNITIVE BEHAVIORAL THERAPY

By Angela Curtis MA

Virtual Training Opportunity
9:00am-11:00am

April 29th

September 23rd



COURSE DESCRIPTION

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.

Macomb County Community Mental Health programs and services are supported and funded, in part, by the Michigan Department of Health and Human Services (MDHHS). MCCMH is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) and operates under the direction of the Macomb County Board of Commissioners and the Macomb County Community Mental Health Board. MCCMH centers are barrier-free, and offer TTY access, American Sign Language communication, and other language translations.

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