Cognitive Behavioral Therapy 101

Chris Conley, LPC

Turning Point Counseling and Consulting

**May 8, 2025: 9am-4pm EST**

Location: Online via ZOOM

This workshop provides an in-depth exploration of Cognitive Behavioral Therapy (CBT), a widely used and evidence-based psychotherapeutic approach. Designed for mental health professionals, this training covers the historical development of CBT, its core principles, and various interventions. Participants will gain practical skills through case vignettes and intervention practices, exploring niche areas such as trauma-focused CBT and adaptations for specific populations. The workshop includes interactive discussions and breakout sessions, allowing for a rich exchange of ideas and experiences.

**Learning Objectives:** By the end of this training, participants will be able to:

1. Demonstrate an understanding of the historical development of CBT: Participants will learn about the origins and evolution of CBT, including key figures and the integration of cognitive and behavioral theories.
2. Identify the core principles and concepts of CBT: Participants will explore the foundational elements of CBT, such as the cognitive model, automatic thoughts, cognitive distortions, and core beliefs.
3. Apply CBT Interventions in clinical practice: Through hands-on practice, participants will develop skills in CBT techniques, using real-life case vignettes.
4. Identify niche areas of CBT and their applications: The workshop will look at specialized areas such as trauma-focused CBT, CBT for children and adolescents, and other variations, highlighting their unique applications.
5. Engage in discussions on CBT implementation: Through breakout sessions and group discussions, participants will examine the challenges and benefits of using CBT in various contexts, including with trauma survivors and diverse populations.

This workshop provides 6 NBCC CE hours. A certificate will be provided upon completion to participants.

Sign Up Instructions:

Registration form for the May 8th 2025 can be found at:

<https://tinyurl.com/cbt101may2025>

or by scanning the QR code

