Cognitive Therapy Overview and Techniques

Cognitive Therapy is a recognized treatment approach for persons with emotional disorders such as depression, anxiety disorders, trauma, severe and persistent mental illnesses and phobias. It is also proven effective as part of the treatment of a number of behavioral disorders such as alcohol or substance use problems or eating disorders.

Cognitive therapy is one of the few forms of therapy that has been scientifically tested and found to be effective in over three hundred clinical trials for many different disorders. In contrast to other forms of psychotherapy, cognitive therapy is usually more focused on the present, more time-limited, and more problem-solving oriented. Indeed, much of what the patient does is solve current problems. In addition, patients learn specific skills that they can use for the rest of their lives. These skills involve identifying distorted thinking, modifying beliefs, relating to others in different ways, and changing behaviors.

This one day seminar focuses on the underlying principles of Cognitive Therapy and the techniques used to achieve positive results and serves as an introduction to Cognitive Therapy.

Course Objectives:

Participants who complete this course will be able to:
1. list 4 elements of the purpose and scope of Cognitive Therapy
2. identify 5 basic underlying concepts and techniques of Cognitive Therapy
3. identify 4 client-appropriate engagement techniques
4. identify 3 methods of bringing Cognitive Therapy techniques in their work

Continuing Education Credits for Social Work Licensing:

Kantu Consultants, LLC, provider number 1138, is approved as a provider for social work continuing education by the Association of Social work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. Kantu Consultants, LLC maintains responsibility for the program.

Social Workers completing this course will receive 6 continuing education credits.

Assignments:

Participants are expected to actively engage in dialogue with the instructors and other participants during interactive segments of the course.

Evaluation:

There will be an opportunity for the participants to complete an evaluation of the course and the instructor. Depending on the requirements of the hosting organization, there may be a short post-test of the material at the end of the seminar.

Problems with this Workshop:

If you have any issues with the way in which this training was conducted or other problems, you may note that on your evaluation of the training, you may talk directly to instructor, or you may contact us through our web page (www.Kantu.org) for resolution.