Cognitive Therapy Overview and Techniques
for Substance Using Clients

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

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 with substance abusing clients

Learning Materials:

The instructor will supply handouts of the PowerPoint presentation used in this course. Lecture and discussion will be the main learning activities along with the extensive use of small group activities. A short post-test will also be used to measure learning.

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.