



Cognitive Behavioral Therapy: A Skills Training Session



DESCRIPTION

Cognitive Behavioral Therapy has its roots in behavioral and cognitive psychology. It has been the most studied of therapy models and is considered an evidenced based approach for treating both mental illness and substance abuse disorders. It has been effective as a stand-alone treatment and when combined with other models such as Motivational Interviewing, family systems and trauma focused models of treatment. This training will provide an overview and direct hands-on training in a variety of specific techniques which the training participant will be able to easily replicate in their daily counseling practice.

OBJECTIVES

Upon completion of this course, the participant should be able to:

1. Understand the psychological principals that developed the theory behind Cognitive Behavioral Therapy.
2. Explain the ABC model of CBT to colleagues and clients..
3. Explain variety of CBT techniques in both verbal and written form and apply these techniques to their own life and use them to help clients improve a variety of symptoms.
4. Incorporate a variety of resources that they will be able to access and use in their practice of CBT in their professional lives.

Target Audience:

Counselors & Therapists, Social Workers, and any other interested healthcare professionals.

FEE \$45 Consortium Member \$90 Non-Consortium Member

Deadline to register: 8/15/2024

Cancellations and Refund Policy: Cancellations must be made prior to each program’s cancellation deadline date as listed on its program details page in order to be eligible for a refund. If you paid a registration fee for your in-person or webinar program and cancel via the registration system by the cancellation refund deadline, you are eligible for a full refund (minus any material fee, if applicable) Refunds are typically processed within 10-15 business days after that.

INSTRUCTOR

David Kahn, PhD, LPC, LPC/S is the founder, President and owner of The Counseling Center of Florence, LLC. With more than 30 years of experience providing counseling services for adolescents, adults, couples, and families experiencing relationship conflict, blended family issues, substance use disorder issues, depression, anxiety, work and social-related issues. Dr. Kahn offers a range of techniques and methods appropriate for each client’s individual needs, including cognitive behavior therapy (CBT), person-centered therapy, family-systems therapy, and motivational interviewing techniques among others.

**Friday,
August 16, 2024**

9:00 am — 3:30 pm
McLeod Park West
101 S. Ravenel St.
Florence Sc 29501
Suite 350

CREDIT

AHEC: This program is approved for 0.55 CEU's (5.5 clock hours) by Pee Dee AHEC and meets SC AHEC Best Practice standards. Participants must attend 90% of the program and complete an evaluation in order to receive a certificate of attendance. No partial credit will be given.

Counselors and Therapists: This program is approved for 5.5 hours of continuing education credit. The South Carolina AHEC system is recognized as a permanent sponsor of continuing education by the South Carolina Board of Examiners of Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. {Provider number is #65}

Social Workers: Pee Dee AHEC, as part of the SC AHEC System, is an approved provider of CE for social workers. This social work program is approved for 5.5 hours of non social work credit hours.



To register, please visit
<https://www.scahec.net/learn/programs/3647>

For questions, please contact
Kimberly Morris at **843-777-5352**
kimberlymorris@mcLeodhealth.org