

CBT Fundamentals that Work: A Refresher for Today's Clinicians

DATE

Wednesday, February 25,
2026

TIME

8:30am - 12:30pm

LOCATION

McLeod Medical Park West
AHEC Conference Room,
Suite 350
101 S. Ravenel St.
Florence, SC 29506

FEES

Consortium Member: \$25
Non-consortium Member:
\$50

Registration Deadline:
Tuesday, February 24, 2026

TARGET AUDIENCE

Counselors, Therapists, and
Social Workers

CANCELLATION & REFUND POLICY

Cancellations must be made via the registration system prior the program's cancellation deadline date as listed on its program details page in order to be eligible for a refund (minus any material fee, if applicable).



DESCRIPTION

Designed for experience counselors, clinical social workers, psychologists, and marriage and family therapists, this interactive continuing education workshop offers a focused return to the core principles of cognitive behavioral therapy (CBT). Participants will revisit foundational elements of the CBT model of psychopathology and treatment while reflecting on how CBT is currently applied in their own clinical work. Through guided discussion, clinicians will identify therapeutic drift, sharpen case conceptualization, and strengthen treatment effectiveness. A collaboratively developed case example will be used for practical, in-session application and skills-based discussion. The workshop will also highlight complementary, evidence-informed approaches that enhance CBT and improve client outcomes. Participants can expect a supportive, collegial learning environment that encourages reflections, collaboration, and meaningful clinical dialogue. For scholar credit, please contact Kimberly Morris to register at 843-777-5352 or by email KimberlyMorris@mcleodhealth.org

OBJECTIVES

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

1. Describe the fundamental principles and core components of cognitive behavioral therapy.
2. Apply core CBT skills and techniques to a representative clinical case.
3. Evaluate their own clinical practice for adherence to CBT principles in order to identify and reduce therapeutic "provider" drift.
4. Identify complementary, evidence-informed treatment approaches that enhance the effectiveness of CBT for specific clinical presentations.

INSTRUCTOR

Dr. Farrah Hughes, Ph. D., ABPP

Dr. Hughes is a licensed psychologist and is nationally certified by the American Board of Professional Psychology. She serves as Associate Vice President for Behavioral Health at HopeHealth. Dr. Hughes earned her Ph.D. in Clinical Psychology from the University of Tennessee-Knoxville and completed her pre-doctoral internship at the Brown University/Alpert Medical School and Providence VA Medical Center training consortium.

CREDIT

AHEC: This program is approved for 0.4 CEU's (4.0 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 4.0 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 4.0 non-social work credit hours.

For more information or to register, scan the QR Code.



For questions, contact Kimberly Morris at 843-777-5352 or by email at KimberlyMorris@mcleodhealth.org.