



## CBT TRAINING SERIES

### **Cognitive Behavioral Therapy (CBT): Implementation Fundamentals**

Learn how the essential components of CBT can empower your clients to make positive changes in their thinking and behavior.

### **Cognitive Behavioral Therapy (CBT): Reframing Thoughts and Beliefs**

Develop cognitive restructuring skills to help clients modify thoughts, assumptions, and core beliefs.

**2024 Dates & Registration Info:**  
[shapirotherapy.com/training](https://shapirotherapy.com/training)

VIRTUAL  
INSTRUCTOR-LED  
TRAININGS

HIGHLY  
INTERACTIVE &  
ENGAGING

MULTIPLE TRAINING  
DATES IN 2024

3 CE CREDITS EACH:  
CLINICAL SOCIAL  
WORK\*



**David Shapiro, LICSW**  
Training Facilitator  
Shapiro Training & Consulting

\*Details on next page...

## Cognitive Behavioral Therapy (CBT): Implementation Fundamentals

9:00 AM – 12:15 PM or 1:00 PM-4:15 PM Eastern Time (*Multiple Date Options*) Course fee: \$40

It's referenced by many as the most evidenced-based form of psychotherapy or even as the gold standard treatment for anxiety, depression, and many other mental health and substance use issues. But what does it mean to practice CBT and how is it different from other forms of psychotherapy?

This highly interactive course teaches the fundamental concepts of CBT that make it a unique and accessible form of psychotherapy. You'll learn how to help your clients view situations through the lens of the cognitive model and to choose interventions that facilitate improvements in both thinking and behavior. Course activities focus on both cognitive and behavioral interventions such as cognitive restructuring and designing behavioral experiments. You'll also learn how to structure a typical CBT session with your clients.

Whether you're new to CBT or seeking a refresher, you'll walk away with a solid foundation in the model and skills that can be immediately applied to the clients you serve.

### Learning Objectives:

1. List characteristics of CBT that differentiate it from traditional psychotherapy
2. Explain how situations, thoughts, and reactions are interconnected according to the cognitive model
3. Identify common intervention strategies that impact changes in thinking and behavior
4. Describe the structure of a typical CBT session

\*Cognitive Behavioral Therapy (CBT): Implementation Fundamentals, Course #5513, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by Shapiro Training & Consulting as an individual course. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE course approval period: 1/12/2024 – 1/12/2026. Social workers completing this course receive x Clinical continuing education credits.

## Cognitive Behavioral Therapy (CBT): Reframing Thoughts & Beliefs

9:00 AM – 12:15 PM or 1:00 PM-4:15 PM Eastern Time (*Multiple Date Options*) Course fee: \$40

For clinicians with a fundamental understanding of CBT and the cognitive model, this course dives deeper into the three levels of cognition: automatic thoughts, assumptions, and core beliefs. While there are many intervention options within the CBT framework, working with cognitions is one of our primary tools and an essential component of every phase of treatment.

For each of the three levels of cognition, we'll engage in experiential activities to practice identifying and modifying thoughts and beliefs. We'll look at common thought patterns and distortions and how to use guided discovery with clients to help view themselves, their world, and their future through a more accurate and helpful lens. This includes practicing common CBT interventions such as Socratic questioning, Thought Record worksheets, Evidence Examinations, Cost-Benefit Analyses, and Cognitive Continuums.

After completing the course, you'll be able to apply these same techniques in your own practice.

### Learning Objectives:

1. Identify automatic thoughts and thinking errors related to distressing situations
2. Reframe unhelpful automatic thoughts
3. List strategies for identifying maladaptive assumptions and beliefs
4. Formulate adaptive assumptions and beliefs

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