

# Cognitive Behavior Therapy: The Basics and Beyond

## Target Audience

This program is designed for mental health professionals as well as psychologists, psychiatrists, social workers, professional counselors, and substance abuse professionals. Other interested mental health professionals are invited to attend.

## Program Description

In an environment where mental health care has increasingly required its interventions to provide evidence of effectiveness, cognitive behavior therapy (CBT) has been the clear leader in the field. Cognitive behavior therapies are actually a group of approaches that represent the first "empirical" psychotherapies. "Empirical" refers to therapies that are studied scientifically and have demonstrated evidence that they are effective. Over the last 50 years, cognitive behavior therapy (CBT) has evolved from its origins in classical conditioning to its more recent emphasis on mindfulness and acceptance-based interventions.

This workshop will provide a comprehensive overview of CBT, its core principles and its evolution. It will help participants understand the similarities and differences between CBT and other forms of psychotherapy as well as within the various approaches constituting CBT. Finally, participants will observe and practice how to apply these principles in an effective and systematic manner in their clinical work.

The purpose of this workshop is to help clinicians: 1) understand the history and evolution of CBT 2) review the scientific evidence supporting CBT 3) learn the core principles of CBT and 4) applying these principles to common psychiatric populations in children and adults served in day treatment centers.

## Fees

For registration and payment received before July 16, \$95.00, thereafter, \$105. Online registrations receive a \$10 discount. Organizations sending three or more registrations receive a 10% discount: \$85.50 for registrations and payment received before July 16, \$95.50 thereafter.

## Presenter

**Christian F. Mauro**, Ph.D. is an Assistant Clinical Professor in the Department of Psychiatry and Behavioral Sciences and Division of Medical Psychology at Duke University Medical Center. Dr. Mauro is the Director of the Psychosocial Treatment Clinic. Dr. Mauro has been a certified cognitive behavioral therapist on four NIMH funded clinical trials. He specializes in individual and family therapy for children with anxiety disorders such as separation anxiety disorder, generalized anxiety disorder, social phobia, and obsessive compulsive disorder.

## Objectives

Upon conclusion of this program, participants should be able to:

- Describe the historical context and development of CBT
- Discuss the scientific evidence that supports CBT
- Identify the core principles of CBT
- Explain the key components of CBT for a variety of clients with a variety of problems

## Credits

0.6 CEUs will be awarded to participants who attend 100% of this program. Southern Regional AHEC adheres to NBCC Continuing Education Guidelines, Provider #5362. (6.0 Contact Hours) This program will provide 6.0 contact hours (category A) continuing education credit to NC Psychologists.

No partial credit will be given. Individuals arriving 15 minutes or more after the starting time will not be eligible for credit.

**July 30, 2010**

Registration: 8:30 am

Program: 9:00 am to 4:30 pm

Gerald A Strand Auditorium  
1601 Owen Drive, Fayetteville, NC

Program Code: MH100730, CASCE #31381

**To register, complete and return the attached registration form.**

**July 30, 2010** (CASCE #31381)

Registration: 8:30 am, Program: 9:00 am to 4:30 pm  
Southern Regional AHEC, Gerald A. Strand CE Auditorium, 1601 Owen Drive, Fayetteville, NC

To register:

**Phone: 910-678-7226 Fax: 910-323-0674**

**Online:** <http://ahecconnect.com/registration/srahec>

Or, send this form by mail: SRAHEC, Attention Registrar, 1601 Owen Drive, Fayetteville, NC 28304

Name \_\_\_\_\_  
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Please do not send me e-mail announcements of  
upcoming Southern Regional AHEC programs.  
Job Title \_\_\_\_\_  
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FEES:

Who is Paying? \_\_\_\_\_ I am \_\_\_\_\_ My Organization  
Supervisor Signature \_\_\_\_\_  
Supervisor Phone # \_\_\_\_\_  
Mastercard/Visa # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
Exp. Date \_\_\_\_\_ / \_\_\_\_\_  
Signature \_\_\_\_\_

**Payment Policy (Requires Initialing)**

Southern Regional AHEC requires full payment for all programs prior to the program date. If an organization is paying, a supervisor's written verification of approval or a copy of a purchase order must be presented with the registration form. \_\_\_\_\_ I have read and understand this statement.

**(Please initial.)**

**Important Information**

**Substitutes/Refunds/Transfers**

If you register for a program and are not able to attend, you may:

- Send a substitute;
- Cancel 48 hours before the program and obtain a refund for 70% of the registration fee; or
- Cancel 48 hours before the program and receive a voucher for 100% of the registration fee for use at one future Southern Regional AHEC program.

Cancellations less than 48 hours before the program are non-refundable. If you register for a program you don't attend and don't pay, you will be billed for the full amount of the program registration fee.

**Questions And Suggestions**

Please contact La-Lisa Hewett-Robinson at (910) 678-7293 or Kate Smith at (910) 678-7305, at 1601 Owen Drive, Fayetteville, NC 28304. Or you may email La-Lisa at [la-lisa.hewett-robinson@sr-ahec.org](mailto:la-lisa.hewett-robinson@sr-ahec.org) or Kate at [kate.smith@sr-ahec.org](mailto:kate.smith@sr-ahec.org).

**American With Disabilities Act**

If you need any of the auxiliary aids or services identified in the Americans With Disabilities Act of 1990 in order to attend any of these programs, please call (910) 678-7305.

**Our Promise To You**

Southern Regional AHEC strives to offer the highest quality educational programming. If, for any reason, any of these programs do not meet your needs, please let us know. We value your feedback and will resolve the issue to your satisfaction.

**Mailing List**

To be added to our mailing list:

[https://www.southernregionalahec.org/professionals/mailing\\_list2.asp](https://www.southernregionalahec.org/professionals/mailing_list2.asp)

**Agenda:**

- 8:30 am - Registration
- 9:00 am - What's all the Fuss about CBT?
- 10:15 am - Break
- 10:30 am - The Core Principles of CBT: "The Three Waves"
- 12:00 pm - Lunch (on your own)
- 1:00 pm - CBT in Practice: Assessment, Case Formulation, & Treatment
- 2:45 pm - Break
- 3:00 pm - Cases Examples
- 4:30 pm - Adjournment