



# Intensive CBT Basic Training (2 Days)

Presented by Leslie Sokol, Ph.D.

**Target Audience:** MCBH Supervisors & Line Staff who are Licensed or License Eligible. **Priority Enrollment will be given to staff participating in an Implementation Track.** Contact Jill Walker for more information about Implementation Tracks.

**Course Description:** Intensive CBT Basic Training is designed for the both the beginner and advanced student of CBT. Through didactic lecture, experiential exercises, and video observation participants will gain a comprehensive understanding of the cognitive model and how to apply it to understanding clients and their problems. Specific strategies for intervention will be discussed and demonstrated with opportunities to practice.

**As participants, we will learn to:**

- 1) Develop case conceptualization skills to better understand clients through the lens of the cognitive model.
- 2) Apply evidence-based CBT techniques in the treatment of depression.
- 3) Gain skills in identifying, evaluating and modifying dysfunctional thoughts, assumptions and beliefs.
- 4) Gain skills in behavioral interventions including behavioral activation and exposure.
- 5) Learn techniques to self-evaluate one's own work samples for fidelity and competency to the cognitive model.



**Dr. Leslie Sokol, PhD**, is a licensed psychologist, and distinguished founding fellow, certified trainer/consultant, past president, and credentials chair of the Academy of Cognitive Therapy. A fellow of ABCT, she was a past director of education at the Beck Institute Cognitive Behavior Therapy for almost fifteen years and is a highly acclaimed national and international lecturer. Her private practice is located in the Philadelphia suburbs. She recently published a CBT skills book.

## Training Details

January 27-28, 2020  
Marina Training Center

Sign-In: 8:30 AM – 9:00 AM  
Course: 9:00 AM – 4:30 PM

*Snacks Provided. Lunch on Your Own*

## Registration

**Cost**  
Free

**Enrollment (Max = 50)**  
Via myLearningPointe (mLP), through the "Request A Course" function.

- Continuing Education**  
Twelve (12) Credits for:
- LCSW, LMFT, LPPC, LEP
  - See other side of flyer for details

# Continuing Education Information

## To receive CE credits, participants must:

- Attend the course in its entirety. Partial credit for partial attendance cannot be granted.
- Sign-in and sign-out at the beginning and end of the day, respectively.
- Complete and turn in an evaluation for the course.

## Following successful completion of the course:

CE Certificates will be available on Monday October 1, 2018 on myLearningPointe.

## BBS Licensure:

*Intensive CBT Basic Training* meets the qualifications for 12.0 hours of Continuing Education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences.

Monterey County Behavioral Health (MCBH) is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs.

MCBH {Provider Number 70472} maintains responsibility for this program/course and its content.

## Contact Information:

### • Accommodations related to access or food:

- MCBH Training Department: 831-755-4727 or [415-Training@co.monterey.ca.us](mailto:415-Training@co.monterey.ca.us).

### • Concerns or Grievances

- ○ Jill Walker, Ph.D., MCBH Training Manager, at 831-796-1271 or [walkerj@co.monterey.ca.us](mailto:walkerj@co.monterey.ca.us), or
- ○ MCBH Quality Improvement, 831-755-4545

### • MCBH's Policy regarding CE credits {Policy 207}:

- <http://qi.mtyhd.org/index.php/policies-and-procedures-2/>