



Foundations in Supervision: A CBT Perspective

Presented by Donna Sudak, MD

Target Audience: All MCBH Unit Supervisors and Field Instructors.

Course Description: Participants will learn basic philosophy and skills that will support supervision of staff who are using a wide range of treatment interventions. Basic skills will reflect those used in CBT.

Participants in the training will learn to...

- Develop a Needs Assessment and Goals
- Set a Supervision Agenda for each Meeting
- Give Feedback in a Supportive Manner
- Identify Methods of Adult Learning
- Identify Methods of Evaluation



Donna Sudak, MD, is professor and vice chair for education in the Department of Psychiatry, at Drexel University in Philadelphia, PA. She has previously served as interim program director for the Adult Psychiatry Residency. Dr. Sudak began a one-year term as president of the American Association of Directors of Psychiatric Residency Programs in 2018. Dr. Sudak, is director of the psychotherapy training program and is board certified in psychiatry, with special expertise in both psychopharmacological treatments and cognitive behavioral treatments. She is the lead author of the book, *Teaching & Supervising Cognitive Behavioral Therapy*

Training Details

Monday, March 23, 2020
Marina Training Center

Course: 9:00 AM – 4:30 PM

Snacks Provided. Lunch on Your Own

Cost: Free

**Enrollment for Eligible Individuals
(Max = 50)**

**Continuing Education: Six (6) Credits
for: LCSW, LMFT, LPPC, LEP, Psych**

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 *either* will be

- Available on myLearnignPointe.

BBS Licensure: Foundations in Supervision: A CBT Perspective meets the qualifications for **6.0 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.

Board of Psychology Licensure: Foundations in Supervision: A CBT Perspective This basics course is designed to help non-medical personnel understand the symptom, etiology and medication treatment of schizophrenia. Course meets the qualifications for **6.0 hours** of Continuing Education credits for Psychologists as required by the California Board of Psychology.

Monterey County Behavioral Health (MCBH)'s CE for Psychologists Program is approved by the California Psychological Association (CPA) to provide continuing professional education for psychologists. MCBH CE for Psychologists Program maintains responsibility for this program and its contents.

Contact Information:

• Accommodations related to access or food:

- MCBH Training Department: 831-755-4727 or 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, 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/>