

Overview

Who should attend:

This training is designed for the beginner as well as the experienced practitioner in CBT. Participants new to the field of substance use disorders treatment as well as those who need a refresher on the use of CBT concepts will benefit from the training.

Description of the training:

Cognitive Behavioral Therapy is a short-term focused approach to helping individuals make changes in their lives. The underlying assumption in CBT is that the learning process plays a key role in the development of thinking, emotional and behavioral disorders. The same learning processes can also be utilized to help individuals reduce their dependence, correct thinking errors and behave rationally.

The trainer will use an experiential approach focused on identifying thinking errors and how they lead to other disorders. Participants will use a case study to gain practical knowledge and skills in the use of CBT methods. Participants will be trained to use specific formats for therapeutic interventions with clients.



Cognitive Behavioral Therapy and the Recovery Process

December 14-15, 2009

Location:

The Cascade Room
400 Mercer Street Building
Seattle, WA 98109-4641

Cognitive Behavioral Therapy and the Recovery Process

Learning Objectives:

CBT has been extensively evaluated and is structured, goal oriented and focused on immediate problems. The primary goal of CBT is to modify underlying faulty thinking and maladaptive beliefs which often lead to self defeating behaviors.

Participants who successfully complete this training should be able to:

1. Understand the nature of thinking and how it influences and controls behavior;
2. Understand the application of CBT in treatment and recovery programs;
3. Interact with clients in a manner consistent with motivational enhancement principles;
4. Conduct a client interview to assess current patterns of thinking and behavior; and
5. Implement a manualized CBT curriculum in group and individual treatment settings.

Trainer:

John Porter has over 25 years of experience working in treatment and educational settings. John has taught at community colleges and the University of California. For the past 10 years he has been affiliated with NFATTC as a lead trainer. His experience as a treatment professional and college instructor creates a combination that makes learning fun and worthwhile.

FAX-Back Registration Form (one participant per form)

Name: _____

Agency: _____

Address: _____ City: _____

State: _____ ZIP: _____ Phone: _____

E-Mail Address: _____

Upon receipt of your registration, we will send you a written confirmation plus additional information.

FAX back your Registration form to: (503) 373-7348 by December 8, 2009

DATE:

December 14-15, 2009

TIME:

December 14th — 8:30a.m. — 4:30p.m.

December 15th — 8:30a.m. — noon

LOCATION:

The Cascade Room
400 Mercer Street Building
Seattle, WA 98109-4641

COST: \$60

Make checks payable to:
NFATTC
810 D Street NE
Salem, OR 97301

CONTINUING EDUCATION

Earn 10 continuing education hours approved by NAADAC.

DEADLINES:

Registration form, fee payment/agency purchase order due by December 8 2009.

No refunds after December 8, 2009

Sponsored by:

Northwest Frontier ATTC

NFATTC
810 D Street NE
Salem, OR 97301

Phone: 503-373-1322
Fax: 503-373-7348