



COMMUNITY & FAMILY RESOURCES

Inspiring prevention, treatment and recovery

Cognitive Behavioral Therapy—CBT Training John Ludgate, PhD and Trent Codd, Ed.S, LCMHC

9a-12pm
OR
1-4pm

November 5, 2021
OR
November 12, 2021

Purpose:

- 1) Describe the Cognitive-Behavioral Model of psychological disturbance
- 2) Conceptualize cases from a Cognitive-Behavioral perspective
- 3) Identify at least 3 key CBT skills and techniques
- 4) Describe applications of CBT to substance use disorders and other mental health conditions

Who Should Attend: Employees and Community Partners

CEU'S AVAILABLE: 3.0

COST : FREE

Location: Web Based via Zoom

Register by email at AndreaJ@cfrhelps.org

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