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## **C203a.M(r) Cognitive Therapy – Implications for Clinical Practice** *Intermediate Level for All*

**Date/Time:**

Wednesday, October 30, 2019 from 9:00 AM – 4:00 PM (Lunch break from 12:00 PM – 1:00 PM)

**Location:**

201 Sheldon Blvd. SE, Grand Rapids, MI 49503 in the Grand Cayman Conference Room

**Course Description:**

This course presents Cognitive Therapy (CT) as a treatment model developed by Aaron Beck. This well researched model has gained widespread application and has grown from its initial development for use in Depression and Anxiety to treating Substance Use, Bi-polar Disorder, Schizophrenia, Sleep Disorders, and a wide variety of healthcare issues. Basic concepts, terms, and philosophy of the model will be explored, along with guidelines for the practice of CT in a variety of healthcare and human service settings.

**Course Objectives:**

Participants who complete this course will be able to:

- Identify automatic thoughts for self and patients
- Classify automatic thoughts that are indicative of a person’s anxiety, depression, substance use, and difficulty managing health conditions
- Apply the Dysfunctional Thought Record tool
- Classify individual’s intermediate assumptions, rules, & conclusions
- Categorize Core Beliefs
- Demonstrate use of Case Conceptualization tool
- Use Socratic Questions as a form of guided discovery
- Organize the experiential structure of a CT session through agenda setting

**Course Facilitators:**

This course will be presented by Sue Bruggink, MA, LLP, CAADC and Taylor Pettit, LMSW, CAADC. Sue has over 30 years of experience in Human Services as an outpatient therapist, clinical supervisor, trainer, clinical coach and currently as the manager of the Workforce Development Team at Cherry Health. She trained in Cognitive Therapy at the Beck Institute in Philadelphia which included a year of direct supervision of her skill development. In 2007, she became a member of the Motivational Interviewing Network of Trainers (MINT). Taylor Pettit is a Trainer within the Workforce Development department. She has been with Cherry Health since 2013 and previously did clinical work as a therapist and case manager within integrated health settings.

<b><u>Course Outline:</u></b>	
▪ Introduction to topic & Objectives	9:00 – 9:15 (15 minutes)
▪ Overview of Automatic Thoughts:	9:15 – 10:05 (50 minutes)
○ Thought Records	10:05 – 10:35 (30 minutes)
▪ Intermediate Assumptions, rules, conclusions	10:35 – 11:25 (50 minutes)
○ Schemas	11:25 – 12:00 (35 minutes)
▪ Lunch Break	12:00 – 1:00 (1 Hour)
▪ Core Beliefs	1:00 – 1:20 (20 minutes)
○ Different types of Core Beliefs	1:20 – 1:45 (25 minutes)
▪ Case Conceptualization	1:45 – 2:35 (50 minutes)
▪ Socratic Questioning	2:35 – 3:05 (30 minutes)
▪ Structuring a Cognitive Therapy Session	3:05 – 3:45 (40 minutes)
▪ Questions & Evaluations	3:45 – 4:00 (15 minutes)

**Learning Materials:**

This course uses multiple methods to facilitate learning in individuals with a variety of learning styles. Methods may include the use of handouts, audio and visual aids to enhance learning.

**Assignments/Completion Requirements:**

Trainees are asked to actively participate in all course activities including lecture, group discussion and dyadic exercises. Participants must sign-in and sign-out on the attendance log, be present for the entirety of the training, as well as complete the post evaluation to qualify for credits.

**Fees:**

There is no charge for any Cherry Health employee. There is a \$10.00 fee per hour for non-Cherry Health employees. Refunds will not be given for partial completion of training. Cancellations must be communicated to Workforce Development at least one week prior to the training to be eligible for a refund less a \$10 administration fee. Please bring cash or check (made out to Cherry Health) with you on the day of the training. Failure to bring full payment on the day of the training may result in dismissal from the class.

**Requests for Accommodations:**

Please contact Donna Hattem at: [donnahattem@cherryhealth.com](mailto:donnahattem@cherryhealth.com) at least 10 days in advance of the training if you have special needs as indicated by the ADA (Americans with Disabilities Act). Workforce Development requests that you be specific regarding the accommodations required. Every attempt will be made to meet your request.

**Grievances:**

If you have any questions, concerns, or grievances regarding this training please contact Donna Hattem at: [donnahattem@cherryhealth.com](mailto:donnahattem@cherryhealth.com). Workforce Development will adhere to the Grievance Policy to ensure all grievances are addressed in a timely manner.

**Continuing Education Credits:**

**6.0 CEs:** Social Work Continuing Education Contact Hours; MCBAP – Related; and Professional Development.

Credits and certificate awarded upon successful completion of the course. Participants who are not employed by Cherry Health will receive a paper copy of a certificate upon successful completion of the training. Cherry Health employees will receive their certificate via HealthCare Source within one week of the training date.

Cherry Health, Provider # 1122, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Cherry Health maintains responsibility for this course. ACE provider approval period: 12/19/2018 - 12/19/2021. Social workers completing this course receive 6 clinical continuing education credits. Social Work Consultant: Rebecca London, LMSW, CAADC, CCS; Approved 3/1/2019 – 3/1/2020.