

Five Day CBT Foundational

Institute for Professionals

This intensive 5-day training program, now in its seventh year, was created by Dr. Lata K. McGinn in response to multiple requests from clinicians who often learn Cognitive Behavioral Therapy through self-study or workshops and are looking to increase their ability to apply CBT concepts and strategies in their current practices.

Upon completion of the workshop, attendees will have received the required hours of training in cognitive behavior therapy necessary to apply to become a Certified Diplomate through the Academy of Cognitive Therapy.

Clinicians also have the valuable opportunity to receive ongoing consultation following the training. Please ask us about details and special rates offered to participants upon completion.

Workshop Objectives

The training will cover a range of strategies, foundational to advanced, including:

- Creating a CBT case conceptualization with the client's participation to produce meaningful treatment plans and guide therapeutic interventions
- Defining behavioral targets with precision and measuring treatment outcomes
- Utilizing specific cognitive and behavioral strategies, including psycho-education, cognitive restructuring, exposure and response prevention, skills training and more
- Using CBT with couples, parents, and children/adolescents

This Workshop is For: mental health professionals and students interested in building and deepening their understanding of CBT principles in practice. 33 Continuing Education Credit Hours will be offered for this training to NY Social Workers and all Psychologists.

July 6th - July 10th, 2020

Daily Workshop Schedule:

8:30am-9am: Registration/Breakfast

9am-12pm: Workshop

12pm-1pm: Lunch on your own

1pm-5pm: Workshop (Friday ends at 3 pm)

The Foundational will be held in CBC's White Plains location in the Schwartzberg Training Center

Workshop Registration Fee and Deadline:

Registration and payment postmarked before June 8, 2020

Standard Rate - \$1,400 / Student Rate \$1,200

Registration and payment postmarked after June 8, 2020

Standard Rate - \$1,500 / Student Rate - \$1,300

Please ask us about our rates for ongoing consultation!



Cognitive Behavioral Consultants
Manhattan - Westchester



Lata K. McGinn, Ph.D
Co-Founder of
Cognitive and Behavioral
Consultants

CBC Co-Founder and CBT-Foundational Course Director Dr. Lata K. McGinn is internationally renowned for her expertise in Cognitive Behavior Therapy (CBT) and has spent her career researching, training, and conducting CBT to understand and treat the full range of anxiety, stress, and depressive disorders. She has also developed an innovative evidence-based CBT program to prevent depression and has tested the efficacy of this intervention in a NIH funded research study. Her extensive publications span peer-reviewed journal articles, chapters, and her co-authored books, "Treatment of Obsessive-Compulsive Disorder" and, "Treatment Plans and Interventions for Depression and Anxiety Disorders." Dr. McGinn presents her research worldwide and is a widely sought after speaker. She gives invited keynotes, lectures, master clinician seminars, and workshops, and provides consultation throughout the world to professionals, consumers, schools, agencies, and companies. Her expertise has been highlighted by various media outlets including the Huffington Post, AllYou, Women's Health, Women's World, Shape, Elite Daily, Parents, and Bustle.

The CBT Foundational will be taught by Dr. McGinn and a highly skilled team of CBC instructors who bring the same commitment to science-based training and practice. The CBC team of professionals have a specialized expertise in CBT, and stay up to date with the latest cutting-edge advances. CBC instructors provide training and consultation to professionals, consumers, schools, and agencies and treat clients with a range of psychological problems to help them reach their life goals.

Cognitive & Behavioral Consultants (CBC) is approved by the American Psychological Association to sponsor continuing education for psychologists. CBC maintains responsibility for this program and its content.

Cognitive & Behavioral Consultants, SW CPE, is recognized by the New York State Education Department's State Board of Social Work as an approved provider of continuing education for licensed social workers #0219.

For more information about this course, ongoing consultations, and registration forms, please visit cbc-psychology.com or email training@cbc-psychology.com.

www.cbc-psychology.com

1 North Broadway, Suite 704, White Plains, NY 10601 914-385-1150

Five Day CBT Foundational

July 6th - July 10th, 2020

REGISTRATION FORM



Please complete the following information.
Payment can be made by check or credit card.

If paying by credit card (Mastercard or Visa only), you may return the completed registration form by mail, confidential fax (914) 615-9049, or email to Saranda Krasniqi at: skrasniqi@cbc-psychology.com

If paying by check, please make payable to Cognitive and Behavioral Consultants (or "CBC") and mail completed registration form (below) along with payment to:
CBC, 1 North Broadway, Suite 704 White Plains, NY 10601 Attn: Saranda Krasniqi

Name _____ Degree _____

Profession _____ Company/School Name _____

Title _____ Other Professional Affiliation _____

Street _____

City _____ State _____ Zip Code _____

Phone _____ Fax (optional) _____

Email _____

Credit Card Information

Name on Credit Card _____

Credit Card Number _____ Security Code _____ Expiration Date _____

Billing Address _____



Cognitive Behavioral Consultants
Manhattan - Westchester

CBT Consultation Services

INSTITUTE FOR PROFESSIONALS

Professionals who have completed our CBT-Foundational or have received equivalent didactic training in CBT in the past have the opportunity to sign up for ongoing individual or group consultation sessions provided by CBC professionals in order to translate their skills into practice. Participants may elect to have consultations in-person at CBC or via Skype. Fees will be adjusted if session time is reduced or extended or if consultation sessions are scheduled at outside locations.



Individual or group Minimum Competency Package:

- 24 bi-weekly sessions
- Pre- and Post-Consultation Fidelity
- Ratings by CBT Professionals.

Consultation Sessions Available:

- Single Consultation Sessions
- Three Consultation Sessions Package
- Six Consultation Sessions Package

*If you are interested in receiving ongoing consultation and/or signing up for a workshop at our Schwartzberg training center, or would like us to offer training & consultation at your site, **Please contact Dr. Kelly Graling at training@cbc-psychology.com***

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www.cbc-psychology.com



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CBC is an evidence-based clinical and training center comprised of internationally recognized mental health professionals who have researched, pioneered, and are highly experienced in delivering cutting edge treatments that help adults, adolescents, and children lead more fulfilled lives. Founded in 2004 by Drs. Lata K. McGinn and Alec L. Miller, leaders in the fields of Cognitive Behavioral Therapy and Dialectical Behavioral Therapy, the CBC team provides a large array of clinical and wellness services to the public and builds on this methodology to provide Custom Designed Programs for schools, agencies, and businesses, and Continuing Education For Professionals in the field of psychology. Explore our website to learn more about all of the resources at CBC.



Lata K. McGinn, PhD

Co-Founder of Cognitive Behavioral Consultants



Kelly Graling, PhD

Director of Consultation Services