

Skill Enrichment Series

Cognitive Behavioral Therapy (CBT): Overview and Practice

Instructor:

Michael Bradley, MA, LCMHC, MLADC

Date: TUESDAY, March 13, 2018

Time: 9:00 – 4:30

Location: The MHCGM Conference Room
5 Blodget Street
Manchester, NH

Cost: \$100

Please make checks payable to: **The MHCGM**
MHCGM Category 1 and Category 2 employees may attend free of charge.

Registration: Class size is limited; please complete the attached registration form to reserve your seat.

Description: Cognitive behavioral therapy (CBT) is a form of treatment that focuses on examining the relationships between thoughts, feelings and behaviors. By exploring patterns of thinking that lead to self-destructive actions and the beliefs that direct these thoughts, people with mental illness can modify their patterns of thinking to improve coping. CBT is a type of psychotherapy that is different from traditional psychodynamic psychotherapy in that the therapist and the patient will actively work together to help the patient recover from their mental illness. People who seek CBT can expect their therapist to be problem-focused, and goal-directed in addressing the challenging symptoms of mental illnesses. Because CBT is an active intervention, one can also expect to do homework or practice outside of sessions.

Objectives:

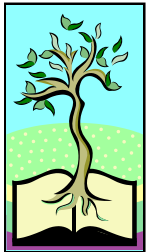
- Define the relationship between thoughts, feelings and behaviors
- Distinguish between thoughts and feelings
- Discuss the main features of CBT practice
- Apply teaching the cognitive model to clients
- Develop a problem assessment to understand how that skill works in CBT
- Integrate homework negotiation

Contact Hours:

- The Mental Health Center of Greater Manchester is an approved provider of continuing nursing education by the Northeast MultiState Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. The participant will be awarded 6.0 contact hours for attending this program.

- This program has been approved for 6.0 Category I Continuing Education Credits by the National Association of Social Workers, NH Chapter. CEU #3168.

Sponsor: The Mental Health Center of Greater Manchester, Manchester, NH



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3-13-18

REGISTRATION FORM

- Cost:**
- \$100
 - Please make checks payable to: **The MHCGM**
 - All MHC-GM Category 1 and Category 2 employees may attend free of charge.

Checks or electronic transfer payments must be sent with a completed registration form for each participant to:

MHCGM

ATTN: Joann Palmer, Staff Development

1555 Elm Street

Manchester, NH 03101

Tel: 603-206-8609

Fax: **603-628-7756**

E-MAIL: palmerjo@mhcgm.org

Name: _____ Credentials: _____ Degree: _____

Company: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ E-mail: _____

(Required for confirmation & directions.)

Registration fee in the amount of \$ _____ Master Card Visa

Credit Card #: _____ CCV code: _____ Expiration Date: _____

Name on Card: _____ Signature: _____

NEED CREDIT CARD BILLING ADDRESS IF DIFFERENT FROM ABOVE:

Date Received by MHC-GM: _____

Reservation #: 005435-

To register and pay online by credit card: <https://www.mhcgm.org/events/>

Remember, need to use credit card billing address.