

PRINCIPLES AND APPLICATIONS OF COGNITIVE BEHAVIORAL THERAPY

This virtual course explores the history of CBT, provides a skills overview, a general discussion of practical application to various populations, and discusses how to write an effective Person-Centered Plan to include CBT practice.

Course Objectives:

- 1) Explore the history of CBT
- 2) Review different skills and modalities of CBT
- 3) Discussion of practical application of CBT practice with various populations
- 4) Include CBT in PCP's



WHEN
9:00A-11:00A

Thursday
5/22/2025

Wednesday,
8/27/2025

VIRTUAL
Training link will be sent out via email 1-2 business days prior to training date.

REGISTRATION
REQUIRED
EMAIL:

TrainingOffice
@mccmh.net

