

Cognitive Behavioral Therapy



Instructor Information:

Matthew T. Rensi, a Licensed Professional Clinical Counselor who also holds a Ph. D. in counselor education and supervision. He earned his Masters of Arts in Counseling from Western Seminary and his Ph. D from Oregon State University. He has extensive experience providing therapy to people struggling with psychosis, homelessness, various mental health issues and the legal system. Matt provides trainings throughout the country on various aspects of mental health treatment including assessment, individual therapy, and safety/crisis intervention. Lastly he has conducted research on the Diagnostic and Statistical Manual of Mental Disorders using linguistic analysis.

Instructor: Matthew T. Rensi, Ph.D., LPCC

Course Description:

Cognitive Behavioral Therapy (CBT) is an approach focuses on recognizing the differences between thoughts, feelings, and actions, and teaches that we all have the ability to shift our thinking patterns. CBT is considered best practice for Depression and Anxiety. This interactive training will include videos, role plays, and direct instruction. Please bring your laptop and agency phone with you to allow for direct practice of documentation practices and use of free resources

Date: October 04, 2023 & October 05, 2023

Must attend both days to receive full credit

Time: 8:30am-12:00pm

Location: Zoom- Link will be email to participants

RUHS-BH Staff - Please register for this course via COR at <https://corlearning.sumtotal.host>
All other interested partners, please visit www.rcdmh.org/wet

Free to all registered participants

Continuing Education Credits: This course is approved for 6 continuing education units/credits/hours.

CBT

October 04, 2023 8:30am-12:00pm

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Audience: RUHS-BH Clinical Therapists and other treatment staff. LMFTs, LCSWs, LPCCs, and LEPs, associate-level and support staff providing client care in the public behavioral health system

Seat #: 50

Location: Virtual training- Zoom

Educational Goals:

1. Understand the basic principles and structure of CBT
2. Be able to apply CBT in session with clients
3. Be able to assist clients in identifying and adjusting maladaptive thinking patterns

Learning Objectives:

- The core tenets of CBT; relationship between thoughts, feelings and actions.
- Cognitive Triangle, identification of common thinking errors and corresponding strategies to address them
- Receive at least 3 free resources and practice utilizing CBT interventions.

Course outline:

DAY 1	
Time	Topic/Content
8:30am-9:30am	Introduction to CBT <ul style="list-style-type: none"> History of CBT Basic tenets of CBT
9:30am-9:45am	Break
9:45am-10:45am	CBT Triangle and ABC's <ul style="list-style-type: none"> Intro to the CBT triangle Looking at events through the ABC model
10:45am-11:00am	Break
11:00am-12:00pm	Coping skills <ul style="list-style-type: none"> Traditional coping skills lists Electronic coping skills

DAY 2	
Time	Topic/Content
8:30am-9:30am	Behavioral Activation <ul style="list-style-type: none"> Tenets of BA Practicing BA
9:30am-9:45am	Break
9:45am-10:45am	Thinking Errors <ul style="list-style-type: none"> Types of thinking errors Identifying thinking errors
10:45am-11:00am	Break
11:00am-12:00pm	Cognitive Restructuring <ul style="list-style-type: none"> Types of cognitive restructuring Cognitive Restructuring Process

CEs will be provided by Community Solutions. This course is approved for 6 hours of continuing education units for LMFTs, LCSWs, LPCCs and/or LEPs as required by the California B.B.S. under CEPA Provider #129412, and LAADC by CCAPP-EI CADAAC Provider # 7213401223.

Requesting Continuing Education: Participants interested in receiving continuing education credit will be provided an electronic course evaluation by the trainer once the training concludes.

Attendance Policy: Participants who arrive to the course after the scheduled start time may not be admitted. To receive continuing education credit for a course, participants must attend the entire scheduled time. Participants who arrive late, leave early or return late from lunch/breaks will not receive continuing education credit. To receive credit, participants cannot miss more than 15 minutes total of instruction. **There is no partial credit issued.**

Enrollment/Registration Policy: RUHS-BH Staff should register for this course via COR Learning Management System (<https://corlearning.sumtotal.host>) The enrollment

deadline is three (3) business days prior to the course start date (excluding holidays and weekends). All other interested partners, please visit www.rcdmh.org/wet.

Cancellation and Refund Policy: Registration must be cancelled on or before three (3) business days prior to the course start date (excludes holidays and weekends). Riverside University Health System-Behavioral Health does not currently charge fees for continuing education courses or activities sponsored by our agency. Therefore, no refund policy or procedure is currently in affect.

Grievances: Please contact Workforce Education and Training at 951-955-7070 for any questions or concerns about this activity or facilities, or to request a copy of our grievance policy and procedures. Riverside University Health System-Behavioral Health follows all applicable local, state, and federal standards, including the Americans with Disabilities Act of 1990 (ADA), 42 U.S.C. §§ 12101-12213 (2008).