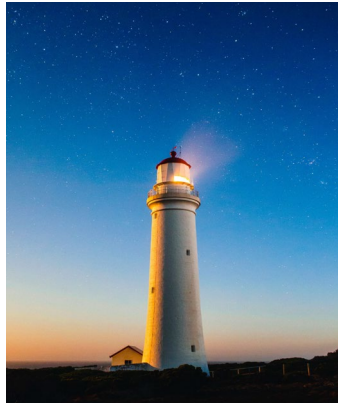


# Cognitive Behavioral Therapy



## *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.

**Date:** October 23 & October 24, 2024-Virtual

**Time:** 8:30am-12:00pm

**Location:** Virtual training- link will be sent to registrants

**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](http://www.rcdmh.org/wet)**

**Free to all registered participants**  
**Continuing Education Credits: This course is approved for 6 continuing education units/credits/  
hours.**

If you need a reasonable accommodation/alternative format for this training event, please contact the Rustin Conference Center at (951) 955-7270 at least fourteen business days (14) prior to the course date.

## Cognitive Behavioral Therapy

**Day 1: October 23, 2024, 8:30am - 12:00pm**

**&**

**Day 2: October 24, 2024, 8:30am - 12:00pm**

**\*\*Must attend both dates for credit\*\***

### **Course Description:**

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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 #:** 60

**Location:** Virtual training- link will be sent to registrants  
If you need a reasonable accommodation/alternative format for this training event, please contact the Rustin Conference Center at (951) 955-7270 at least fourteen days (14) prior to the course date.

### **Educational Goals:**

Understand that 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.

### **Learning Objectives:**

1. The core tenets of CBT: relationship between thoughts, feelings and actions.
2. Cognitive Triangle, identification of common thinking errors and corresponding strategies to address them.
3. Receive at least 3 free resources and practice utilizing CBT interventions.
4. Be able to identify at least 5 cognitive distortions
5. Be able to use at least 1 coping skills resource with clients
6. Be able to apply at least 1 cognitive restructuring activity

**Course outline:**

## Introduction to CBT

- History of CBT
- Basic tenets of CBT

## Break

## CBT Triangle and ABC's

- Intro to CBT triangle
- Looking at events through the ABC model

## Break

## CBT Triangle and ABC's

- Intro to the CBT triangle
- Looking at events through the ABC model

## Break

## Coping Skills

- Traditional coping skills lists
- Electronic coping skills

## Behavioral Activation

- Tenets of BA
- Practicing BA

## Break

## Thinking Errors

- Types of thinking errors
- Identifying thinking errors

## Break

## Cognitive Restructuring

- 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 # 3-22-341-0526 & 1N-98-402-1225**

**Requesting Continuing Education:** Participants interested in receiving continuing education credit will be provided an electronic course evaluations 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](http://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 951-955-7270 for 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).