

CBT for Depression: Putting Techniques into Practice

Half Day Webinars via Adobe Connect
held from 1300-1700 East Coast time

Presented by the Center for Deployment Psychology for mental health providers only.



Courtesy of Center for Deployment Psychology.

This four hour webinar provides clinicians using CBT for Depression with Service members with an opportunity to explore the use of treatment techniques in-depth. The importance of case conceptualization from a cognitive-behavioral perspective will be reviewed, with an emphasis on treatment rationale. Both behavioral activation techniques and strategies for modifying negative automatic thoughts will be discussed, in addition to strategies for modifying core beliefs.

Learning Objectives:

1. Describe the key features of effective case conceptualization and treatment planning from a cognitive-behavioral perspective.
2. Review behavioral activation strategies that may be used to help treat depressed patients.
3. Identify 3 techniques that can be used to challenge automatic thoughts.
4. List three cognitive strategies that can be used to modify core beliefs.

****Free Continuing Education (CE) credits are available for these half day webinars****

See attached CE statement for more information. No partial credit allowed. CME credits are not provided.

CE certificates will be sent by email approximately 4 weeks after the webinar.

PESI charges \$10 to reissue certificates and full price to issue previously unrequested credits.

For specific CE questions, contact Bridget Schaub at bschaub@pesi.com.

We are offering three different date options – please choose one registration link:

5 October 2016 from 1300-1700 EST: <http://refr5oct2016cbtd.eventbrite.com>

16 February 2017 from 1300-1700 EST: <http://refr16feb2017cbtd.eventbrite.com>

21 June 2017 from 1300-1700 EST: <http://refr21june2017cbtd.eventbrite.com>

Registration questions? Contact Ms. Kris Hannah at khannah@deploymentpsych.org

