COGNITIVE BEHAVIOR THERAPY

Name:______________________________________
Degree: BA ○ BASW ○ MA ○ MSW ○ PhD ○ Other ○

Street Address:______________________________________________________________

City:________________________State:__________Zip:__________________Phone #:____________

Email Address:_______________________________________________________________

Agency/Organization:_________________________________________________________

Are you: Current UI Social Work Student ○ Current UI Social Work Faculty/Adjunct ○
Current UI Field Instructor ○ UI Social Work Alum ○

Checks should be made out to the School of Social Work and sent to Attn: Jefri Palermo, School of Social Work, 308 North Hall, Iowa City, Iowa, 52242
No refunds after July 30, 2017.
LEARNING OBJECTIVES

Objectives
1) Participants will be able to understand the basic cognitive model.
2) Participants will be able to identify basic cognitive interventions.
3) Participants will be able to identify basic behavioral interventions.

WORKSHOP DESCRIPTION

Cognitive behavioral therapy (CBT) is a short-term, goal-oriented psychotherapy treatment that takes a hands-on, practical approach to problem-solving. Its goal is to change patterns of thinking or behavior that are behind people's difficulties, and so change the way they feel. CBT is commonly used to treat a wide range of disorders including phobias, addictions, depression, and anxiety.

WORKSHOP FORMAT

7:30—8:00 am  Check-in
8:00 am        Workshop begins
9:30-9:45      Break
12:00-12:30    Lunch (provided)
2:00-2:15      Break
2:45-4:00      Workshop continues

COST & CEU’S

Participants who complete the workshop are eligible for 7 contact hours of credit toward social work licensure. Current University of Iowa School of Social Work students, faculty, adjuncts, & field instructors pay $20. All others pay $70.

Registration form and checks should be mailed to:

Attn: Jefri Palermo
School of Social Work
308 North Hall
Iowa City, IA 52242

Questions? 319-335-3750 or jefri-palermo@uiowa.edu

Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact Jefri Palermo in advance at 335-3750.