Cognitive Behavioral Therapy (CBT)

July 7, 2017
8 am-4 pm

332 North Hall
20 West Davenport St.
Iowa City, IA
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