

# Cognitive Behavioral Therapy

Professional Workshop

3-Day Intensive Training

## Transform Your Practice

Join us for an immersive 3-day workshop designed to equip mental health professionals with comprehensive CBT skills. Learn evidence-based techniques, understand cognitive distortions, and master practical applications for client therapy.

## Workshop Schedule

A carefully structured curriculum designed for maximum learning

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### Foundations of CBT

- ✓ What is CBT - Core principles and theoretical framework
- ✓ Where it is used - Applications across various mental health conditions
- ✓ Where it is not used - Understanding limitations and contraindications
- ✓ Different Models - Exploring Beck's, Ellis's, and contemporary approaches

## 2

### **Understanding Thought Patterns**

- ✓ Cognitive Distortions - Identifying automatic negative thoughts
- ✓ Types of Thought Errors - All-or-nothing thinking, catastrophizing, and more
- ✓ Activities - Interactive exercises to recognize distortions in real-time
- ✓ Practical case studies and group discussions

## 3

### **Clinical Application**

- ✓ How to apply therapy in clients - Step-by-step therapeutic process
- ✓ Activities - Role-playing and supervised practice sessions
- ✓ Thought Modification - Cognitive restructuring techniques
- ✓ Building personalized treatment plans and homework assignments

# What You'll Gain



## Expert Training

Learn from experienced practitioners with years of clinical experience



## Comprehensive Materials

Access to workbooks, handouts, and reference materials



## Hands-on Practice

Interactive activities and supervised clinical practice



## Certification

Receive a certificate of completion upon finishing the workshop

## Ready to Enhance Your Skills?

Limited seats available. Secure your spot today!

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