Clinical Applications of CBT Skills

Anxiety Disorders
Depression
Anger Management
Trauma and PTSD
Eating Disorders
Alcohol and Drug Addiction

Cognitive Therapy

Strategies and Skills

Challenge Automatic Thoughts
The CBT Thought Record
Guided Discovery and/or Socratic Questioning
Setting Goals and Monitoring Progress
Label Cognitive Distortions
Thought Stopping Techniques
Feel Better with the ABC Technique
Reduce Worry: Consider the Odds
Increasing Positive Self-Talk
Schedule Worries
Strengthen Positive Core Beliefs

Behavior Therapy

Strategies and Skills

Techniques for Behavior Change
Problem Solving Skills
Increase Positive Coping Skills
Behavioral Activation
Act More Assertive
Social Skills Training
Small Step Success Therapy
Relaxation and Breathing Training
Gradual Exposure to Feared Situations
Anger Management Strategies
Increase Self-Esteem
Mindfulness

Motivational Interviewing Strategies and Skills

4 Guiding Principles
Personal Strengths and Supports
Stages of Change
Decisional Balance Worksheets
Discussing the Pros & Cons
Preparing a Change Plan
Identify Personal Values
Providing Personalized Feedback

Emotional Regulation

Strategies and Skills

Identify and Label Feelings
Identify Situations that Trigger Feelings
Feeling Better Strategies
Worksheet
Grounding & Self-Soothing Strategies
Coping with Frustration
Emotional Regulation Skills

Objectives

1. Apply and integrate evidence-based techniques from cognitive-behavioral therapies.
2. Identify motivational interviewing strategies to build rapport and engage challenging clients.
3. Describe behavioral therapy techniques to modify and change maladaptive behaviors.
4. Utilize more effective goal setting and problem solving strategies with clients.
5. Describe key behavioral activation and exposure strategies used in behavior therapies.
6. Summarize 4 key cognitive-behavior therapy questions to use with all clients.
7. Recognize, challenge and modify negative self-talk, thoughts, assumptions and core beliefs.
8. Describe cognitive and behavioral interventions for clients who are depressed and anxious.
9. Identify practical exercises and worksheets to help implement CBT into clinical practice.
Dr. Galen Cole, PhD, MPH, LPC, WCP, is a master of public health, licensed counselor, an internationally certified psychotherapist, and a nationally certified clinical hypnotherapist. Dr. Cole has mastered contemporary cognitive reappraisal techniques, including Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). The CBT Toolbox is his blueprint for effective CBT practice (www.galencole.com) where he consistently applies evidence-based TF-CBT interventions to trauma, mood problems and anxiety conditions. His expertise in CBT is also evident in his number of books, including his most recent work titled "Your Pain & Anxiety: Personalized Protocols and Tools Required to Readily Apply It in a Clinical Setting the Day After the Workshop."

In a few short hours, you can easily solve the age-old question of finding practical ways to integrate evidence-based therapies into everyday clinical practice with clients.

Join expert Dr. Galen Cole, PhD, MPH, LPC, WCP, for a day chock-full of practical CBT strategies and tools required to readily apply it in a clinical setting the day after the workshop.

Have a seminar idea? A manuscript to publish? Have a seminar idea? A manuscript to publish? Please contact Dr. Galen Cole to determine specific filing requirements.