

# FOUNDATIONS OF CBT with R. Trent Codd III, Ed.S., LPC, BCBA

In this workshop series participants will develop a solid foundation in Cognitive-Behavioral Therapy (CBT). This workshop is designed for mental health professionals who are new to CBT as well as those who have some training in CBT and wish to refresh and advance their skills. This material is designed to ensure a solid foundation is in place before progressing to more advanced material. This training program will emphasize trainee skill development with fidelity to the model.

## OBJECTIVES:

- Describe the overall field of CBT and specifically define Beckian Cognitive Therapy
- Describe the cognitive model of psychopathology
- Define case conceptualization and articulate the value of formulating clinical cases
- Dispel several myths commonly associated with CBT
- Identify, describe, and demonstrate three essential CBT interventions
- List three CBT resources for further professional development in CBT
- Summarize the Cognitive Model of Depression
- Articulate a CBT approach to the treatment of Bipolar Disorder
- Identify at least two CBT strategies for use in the treatment of chronically depressed clients
- Summarize best practice in treating suicidal clients

R. Trent Codd III, is the president of the Cognitive Behavioral Therapy Center of WNC, where he provides direct care, clinical supervision, and intensive CBT training. He is the co-author of *Teaching and Supervising Cognitive Behavioral Therapy*, published by Wiley, a Fellow of the Academy of Cognitive Therapy, and an Academy Certified Trainer/Consultant

**\$475.00**

**9**

**a.m. to 4 p.m.  
Dec 3-4, 2015**

one hour lunch on your own  
(Jan 2016 date TBD)

**Western Carolina  
University**

**at Biltmore Park, room 337  
28 Schenck Parkway, Ste.  
300, Asheville, NC 28803**

## Questions?

Contact Lisa Allen, CBT Center Training Coordinator, by phone at 828-350-1177, or by email at [lallen@behaviortherapist.org](mailto:lallen@behaviortherapist.org).

Foundations of CBT includes 2 days of instruction, followed by a 6-hour homework assignment to be completed by 3<sup>rd</sup> day of instruction in Jan 2016.

Trainees will be assigned a series of homework tasks for completion between the end of the second training and the beginning of the third. These tasks will consist of assigned readings and projects designed to foster skill development.

Cognitive Behavioral Therapy Center of WNC, PA is approved by the American Psychological Association to sponsor continuing education for psychologists. CBT Center of WNC, PA maintains responsibility



The CBT Center of WNC, PA has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6504. Programs that do not qualify for NBCC credit are clearly identified. Cognitive-Behavioral Therapy Center of WNC, PA maintains responsibility for this program and its content

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**\*\* IMPORTANT \*\***

There is no charge for parking. All students/faculty/staff & visitors to WCU @ Biltmore Park **MUST** park on levels 3, 4, or 5 of the parking garage. Parking in any other location is subject to towing and fines.

