



Creating Opportunities • Changing Lives

Location:

9015 Murray Ave. Suite 100
Gilroy, CA 95020
408.842.7138
www.communitysolutions.org

Cognitive Behavioral Therapy- A Clinical Perspective for Therapists

9:00 AM - 5:00 PM
Community Room

Course Description: Cognitive Behavioral Therapy (CBT) is an effective combination of talk therapy and behavioral therapy where individuals work with a therapist to find the source of negative thinking and transform those thoughts into a positive, growth mindset. The ultimate goal of CBT is to replace negative thoughts and actions with productive behaviors that make the individual feel equipped to overcome any difficult moment. This interactive training will include videos, role plays, direct instruction, and community resources. **This course is designed for individuals working towards licensure of MFT, LCSW, LPCC.**

Learning Objectives: By the completion of the training participants will be able to:
Identify symptoms and diagnoses that are best treated through CBT
Express understanding of the relationship between thoughts, feelings and actions through the Cognitive Triangle Model
Identify at least 3 common core beliefs and 10 thinking errors
Identify at least 3 ways to dispute negative thinking patterns
Express understanding of Behavioral Activation and identify at least 5 specific interventions

About the Trainer:

Lisa Colliss is a Licensed Clinical Social Worker and the Clinical Supervision & Training Manager at Community Solutions. Lisa has clinical and training experience in a variety of evidence-based practices and trauma-informed care, including TF-CBT, Seeking Safety, Mindfulness, and the use of movement and yoga in trauma work. She has served as a clinician in large community-based organizations, an inpatient psychiatric hospital and in private practice with experience providing individual and group therapy to clients of all ages.

CONTINUING EDUCATION

This course is approved for **6.5 hours of continuing education units for LMFTs, LCSWs, LPCCs and/or LEPs as required by the California B.B.S. under CEPA Provider #129412**



Community Solutions

Pre-registration is required.

To register, please visit our webpage at:

www.CommunitySolutions.org/Training

Please contact our Training Division if you need accommodations to ensure a comfortable learning experience to 408-846-4791