



Creating Opportunities • Changing Lives

**Location:**

9015 Murray Ave. Suite 100  
Gilroy, CA 95020  
408.842.7138  
[www.communitysolutions.org](http://www.communitysolutions.org)

## Utilizing CBT in Case Management and Peer Support 9:00 AM - 5:00 PM Community Room

**Course Description:** Cognitive Behavioral Therapy (CBT) is an effective combination of talk and behavioral approaches, and is utilized throughout Community Mental Health and Social Service Programs. CBT assists individuals identify negative or unhelpful thoughts and behaviors, and coaches us to identify more helpful strategies. This interactive training will include videos, role plays, direct instruction, and sharing of resources. **This course is designed for Case Managers and Peer Partners, and will not include therapy interventions.**

**Learning Objectives:** Participants will be able to

- Explain the relationship between thoughts, feelings and actions, through use of the Cognitive Triangle
- Identify the reason for Behavioral Activation and at least 5 tools to use with clients
- Identify at least 10 strategies to encourage positive thoughts and behaviors

### 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](http://www.CommunitySolutions.org/Training)

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