

THE INSTITUTE FOR THE ADVANCEMENT OF HUMAN BEHAVIOR
IN JOINT-SPONSORSHIP WITH THE BECK INSTITUTE

SUPERVISION PROGRAM
MARCH 1-MAY 31, 2018 ✱ Bala Cynwyd, PA ✱ 7.5 CE/CME

The purpose of this program is to further knowledge and enhance clinical skills learned in Beck Institute Workshops

Overall Objectives:

At the end of the course, participants will be able to:

1. Develop a cognitive case formulation to guide treatment
2. Structure CBT sessions effectively
3. Use a variety of cognitive techniques when indicated
4. Use a variety of behavioral techniques when indicated

Develop a cognitive case formulation to guide treatment

- 1.) Conceptualize clients according to a cognitive conceptualization
- 2.) Use the conceptualization to plan treatment in and across sessions

Structure CBT sessions more effectively

- 1.) Use basic techniques to structure sessions and modify structure as needed.
- 2.) Conceptualize and solve problems when difficulties with structuring sessions arise.

Use a variety of cognitive techniques when indicated

- 1.) Use Socratic questioning to help clients evaluate the accuracy and utility of their cognitions
- 2.) Use techniques such as imagery, mindfulness, etc., when appropriate

Use a variety of behavioral techniques when indicated

- 1.) Use behavioral experiments to test cognitions
- 2.) Use behavioral activation, skills training, etc., when appropriate

Accreditation Information

7.5 CE/CME

The Institute for the Advancement of Human Behavior (IAHB) has been approved as a provider of continuing education and continuing medical education by the organizations listed below. IAHB as the approved sponsor maintains responsibility for the educational activity offered and for following the standards and regulations for the organizations listed above (except where otherwise noted).

COUNSELORS: Institute for the Advancement of Human Behavior, Inc. (IAHB) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0063. Counselors may earn 7.5 contact hours. IAHB is approved by the State of Illinois Department of Professional Regulation (License #168-000119). IAHB has been approved by the Texas Board of Examiners of Marriage and Family Therapists to provide CE offerings for MFTs. Provider Number 154. The state of PA recognizes APA for counselor approval.

NURSES: The Institute for Advancement of Human Behavior accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Provider approved by the CA Board of Registered Nursing (BRN Provider CEP#2672) for 7.5 CEH's.

PHYSICIANS: This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the Institute for the Advancement of Human Behavior (IAHB) and the Beck Institute. IAHB is accredited by the ACCME to provide continuing medical education for physicians. IAHB designates this live activity for a maximum of 7.5 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: IAHB is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. IAHB maintains responsibility for this program and its content.

SOCIAL WORKERS: IAHB SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0091. This course is approved for 7.50 contact hours. IAHB has been approved by the State of Texas Board of Social Work Examiners, MC 1982, PO BOX 149347, Austin, TX 78714 (512)719-3521, to provide continuing education activities for social workers. License No. 3876. Institute for the Advancement of Human Behavior, #1426, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. Institute for the Advancement of Human Behavior maintains responsibility for the program. ASWB Approval Period: 3/16/2017 – 3/16/2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 7.5 clinical continuing education clock hours.

NOTE: Many state boards accept offerings accredited by national or other state organizations. If your state is not listed, please check with your professional licensing board to determine whether the accreditations listed are accepted.

(Last update: 7.17)