

THE INSTITUTE FOR BETTER HEALTH
IN JOINT-SPONSORSHIP WITH THE BECK INSTITUTE

COGNITIVE BEHAVIOR THERAPY FOR FAMILIES OF YOUTH
NOVEMBER 8, 2018 * Bala Cynwyd, PA * 6 CE/CME

The purpose of this program is to train mental health professionals to deliver effective cognitive behavior therapy.

Overall Objectives:

At the end of the course, participants will better:

- 1) Explain the fundamentals of CBT, as adapted for children and families
- 2) Describe indicators of whether a child or adolescent's family should be engaged in treatment
- 3) Demonstrate strategies for engaging families in CBT
- 4) Engage family members in goal setting
- 5) Describe how patterns of thinking and behaving develop within families
- 6) Apply case conceptualization strategies to understand a family and how they relate to interventions
- 7) Demonstrate the use of specific CBT interventions that engage multiple family members

<i>Explain the fundamentals of CBT, as adapted for children and families</i>	<i>Torrey Creed, PhD</i>
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<i>Demonstrate the use of specific CBT interventions that engage multiple family members</i>	<i>Torrey Creed, PhD</i>

Reference List:

Creed, T.A., Reisweber, J., & Beck, A.T. (2011). Cognitive Therapy for adolescents in school settings. Guilford Press: NY.

Creed, T.A., Frankel, S.A., German, R., Green, K.L., Jager-Hyman, S., Pontoski, K., Adler, A., Wolk, C.B., Stirman, S.W., Waltman, S.H.,
Williston, M.A., Sherrill, R., Evans, A.C., & Beck, A.T. (in press). Implementation of transdiagnostic cognitive therapy in diverse community settings: The Beck Community Initiative. Journal of Consulting and Community Psychology.

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