

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

COGNITIVE BEHAVIOR THERAPY WORKSHOP FOR SUBSTANCE USE DISORDERS  
MARCH 25-27, 2019 \* Bala Cynwyd, PA \* 18 CE/CME

The purpose of this program is to train mental health professionals to deliver effective cognitive behavior therapy to individuals struggling with substance use disorders.

**Overall Objectives:**

*At the end of the course, participants will better:*

1. *Conceptualize substance abuse according to the cognitive model;*
2. *Discuss evidence-based interventions for substance abuse;*
3. *Identify, evaluate, and moderate patients' dysfunctional substance-use-related beliefs (including "permission-giving" beliefs);*
4. *Integrate cognitive-behavioral principles with 12-step ideas and values in ways that are congruent;*
5. *Utilize confrontational methods with a collaborative, congenial spirit;*
6. *Apply a range of cognitive-behavioral techniques (and their related homework assignments) to help patients decide not to drink or use substances, even when they experience cravings or otherwise wish to self-medicate;*
7. *Apply cognitive-behavioral techniques (and their related homework assignments) to deal with the patients' co-morbid problems such as mood disorders and anxiety disorders;*
8. *Adapt CBT for substance abuse to a group format;*
9. *Incorporate strategies for building group cohesiveness, trust, and active engagement;*
10. *Apply cognitive restructuring techniques in a group format;*
11. *Apply coping skills training in a group format.*

***Overview of Cognitive Behavior Therapy for Substance Abuse***

**Cory F. Newman, PhD**

1. To describe the rationale of CBT for substance abuse and to review fundamentals of a CBT session.
2. To define points of intervention based on an individualized drug abuse cycle.

***Conceptualization of Substance Abuse using the Cognitive Model***

**Cory F. Newman, PhD**

1. To describe conceptualization techniques for substance abuse clients using Cognitive Theory.
2. To describe the cognitive model of substance abuse in relation to 12-step programs, stages of change, and motivational interviewing.
3. To describe the challenges associated with cognitive behavioral substance abuse treatment.

***Instruction in Specific Techniques of CBT for Substance Abuse***

**Cory F. Newman, PhD**

1. To describe specific targets of intervention per the cognitive model.
2. To describe specific techniques involved in treating substance abuse.
3. To describe specific techniques used in managing co-morbidity and crises.

***Instruction in cognitive therapy addictions group***

**Amy Wenzel, PhD**

1. To comprehend the adaptation of CBT for substance abuse to a group format.
2. To incorporate strategies for building group cohesiveness, trust, and active engagement.
3. To apply cognitive restructuring techniques and coping skills training in a group format.

***Advances in Cognitive Behavior Therapy***

**Aaron T. Beck, MD**

1. To state clinical advances in cognitive behavior therapy.
2. To list key points of intervention with challenging patients.

## **References**

Ryan, F. (2013). *Cognitive therapy for addiction: Motivation and change*. Chichester, United Kingdom: Wiley-Blackwell.

Turner, N. (2013). *Mindfulness-based sobriety: Relapse prevention therapy, acceptance and commitment therapy, and motivational interviewing*. Oakland, California. New Harbinger.

Paddock, S. M., Hunter, S. B., & Leininger, T. J. (2014). Does group cognitive-behavioral therapy module type moderate depression symptom changes in substance abuse treatment clients?. *Journal of substance abuse treatment*, 47(1), 78-85.

## **Accreditation Information**

### **18 CE/CME**

The Institute Better Health (IBH), formerly IAHB, has been approved as a provider of continuing education and continuing medical education by the organizations listed below. IBH 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 Better Health 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 18 contact hours. IBH is approved by the State of Illinois Department of Professional Regulation (License #168-000119). IBH 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 Better Health 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 18 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 Better Health (IBH) and the Beck Institute. IAHB is accredited by the ACCME to provide continuing medical education for physicians. IBH designates this live activity for a maximum of 18 *AMA PRA Category 1 Credits*™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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

**SOCIAL WORKERS:** Institute for Better Health (IBH) 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 18.00 contact hours. IBH 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 Better Health, #1426, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://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 18 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: 10.18)**