The purpose of this program is to train mental health, substance abuse and medical professionals to deliver effective CBT services to improve the lives of people suffering from chronic pain and problems associated with opiate use.

**Overall Objectives:**

At the conclusion of this course, participants will be able to:

1. Provide a rationale for using CBT to treat pain and opioid use
2. Initiate motivation by with a CBT approach
3. Conceptualize cases using the CBT model
4. Develop CBT treatment plans for treating pain and substance use
5. Incorporate relaxation and mindfulness to promote pain reduction and acceptance
6. Begin use of cognitive techniques to evaluate and restructure beliefs
7. Begin use of behavioral techniques to facilitate healthy activity
8. Use assertiveness to improve existing relationships and develop new, healthy ones

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**Provide a rationale for using CBT to treat pain and opioid use**

Allen Miller, PhD

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**Use assertiveness to improve existing relationships and develop new, healthy ones**

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**Recommended Readings:**

