

# ***Empirically Supported Psychological Treatments: The What, the How, and the Why***

presented by

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**12/18/2025 12:00:00 PM**

**Zoom & In Person (Contact Activity Coordinator or sponsoring department for more information)**

**Learning Objectives:** *As a result of participating in this Live Activity, participants should be able to:*

- 1 Describe the rationale for the use of empirically supported psychological treatments.*
- 2 Discuss the criteria for psychological (vs. non-psychological) treatments.*
- 3 Explain the evolution of criteria for empirically supported treatments.*

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