**Cognitive-Behavioral Therapy Course**

presented by

**David Tolin, PhD**

**Rebecca Browne, M.S.**

**Theresa Gladstone, M.A.**

**Tuesdays, 09.12.2023 – 1.2.2024**

**12:00pm – 1:00pm**

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

* *Describe behavioral, cognitive, and emotional contributors to psychopathology*
* *Create a comprehensive CBT case formulation*
* *Use collaborative empiricism to interact with clients*
* *Employ behavioral strategies such as stimulus control, exposure, skill training, and activity scheduling*
* *Employ cognitive strategies such as cognitive restructuring and acceptance of thoughts*
* *Employ emotional strategies such as relaxation training and acceptance of negative emotions*

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**Accreditation Statement:** In support of improving patient care, Hartford HealthCare is

jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME),

the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses

Credentialing Center (ANCC) to provide continuing education for the healthcare team.

**Credit Designation Statement:** Hartford Healthcare designates this Live Internet Activity

for **16.00** *AMA PRA Category 1 Credit(s)TM*. Physicians should only claim credit

commensurate with their participation. All other learners will receive up to **16.00**

non-accredited hours of education.

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