CBTFrame Live Virtual Workshop

Date: 10/15/2024
Location: Zoom (link to be provided)
Duration: 4 hours (4 hours and 45 minutes including break)

Housekeeping • Check-in and agenda overview	10 min	11:00-11:10am ET
CBT Core Elements Manual and Online Training • How to use the manual • Worksheet Appendix Introduction • Introduction to video modeling and online training	10 min	11:10-11:20am ET

Introduction to Core Elements of CBT (Items & Experiential Activities)
 	
• Behavioral Assessment and CBT Psychoeducation
    o Three Part Model: Today's training (15 min)
    o Functional Analysis of Behavior Problems: Michael plus case on caseload role play in pairs (30 min)
	45 min	11:20-12:05 pm ET

• CBT Interventions
    o Cognitive restructuring: Interviewing activity (20 min)
    o Emotion Regulation
	30 min	12:00-12:30pm ET

Lunch Break	45 min	12:30-1:15pm ET
Online Training Walk Through • Practice vignette coding activity	15 min	1:15-1:30 ET
CBT Interventions • Activity Sampling • Decision Making and Problem Solving: Problem solving activity (20 min) • Communication and Assertiveness	40 min	1:30-2:10 pm ET
Global Treatment Practices • In-Session Practice • Action Plan • Parent Participation	30 min	2:10 pm-2:40 pm ET

Motivational Interventions	10 minutes	2:40-2:50 ET
Next Steps • Implementation Intention Activity • Consultation • ITT walk through	20 min	2:50-3:10 pm ET
Online Training Walk Through • Practice vignette coding activity	20 min	3:10 pm-3:30 pm ET
Wrap-up	15 min	3:30-3:45 pm ET