

CBTFrame (Standard Course) Online Course – WorkRamp Full Agenda

Total Modules: 28

Duration: 3 hours

CBTFrame Introduction Workshop

1. Intro & Functional Analysis of Behavior Problems

- Introduction
- Vignette
- Activity 1.1: ABC
- Activity 1.2: ABC
- Activity 1.3: ABC
- Activity 1.4: ABC
- Activity 1.5: ABC
- Activity 1.6: ABC
- Activity 1.7: ABC
- Activity 1.8: ABC
- Activity 1.9: ABC

2. Three-Part Model of CBT

- Three-Part Model of CBT
- Vignette
- Activity 2.1: TFD
- Activity 2.2: TFD
- Activity 2.3: TFD
- Activity 2.4: TFD
- Activity 2.5: TFD
- Activity 2.6: TFD
- Activity 2.7: TFD
- Activity 2.8: TFD
- Activity 2.9: TFD

3. Cognitive Restructuring

- Cognitive Restructuring
- Vignette

- Activity 3.1: Cognitive Restructuring
- Activity 3.2: Cognitive Restructuring
- Activity 3.3: Cognitive Restructuring

4. Emotion Regulation

- Emotion Regulation
- Vignette
- Activity 4: Emotion Regulation

5. Activity Sampling

- Activity Sampling
- Vignette
- Activity 5.1: Activity Sampling
- Activity 5.2: Activity Sampling

6. Decision Making and Problem Solving

- Decision Making and Problem Solving
- Vignette
- Activity 6.1: Problem-Solving Process
- Activity 6.2: Problem-Solving Process

7. Communication and Assertiveness

- Communication and Assertiveness
- Vignette
- Activity 7.1: Communication and Assertiveness
- Activity 7.2: Communication and Assertiveness
- Activity 7.3: Communication and Assertiveness

8. In-Session Practice

- In-Session Practice
- Vignette
- Activity 8: In-Session Practice

9. Action Plan

- Action Plan
- Vignette
- Activity 9.1: Action Plan

- Activity 9.2: Action Plan
- Activity 9.3: Action Plan

10. Parent Participation

- Parent Participation
- Vignette
- Activity 10: Parent Participation

11. Joins with Adolescent

- Joins with Adolescent

12. Motivation to Change

- Motivation to Change

13. Affirms Self-Efficacy

- Affirms Self-Efficacy

Conclusion

- Contacts for Questions

CBTFrame Materials

CBTFrame Handbook

Technique Brief Guide

Exercise 1 – Jenny and Nestor 1

1. Introduction

- Instructions
- Functional Analysis of Behavior Problems
- Communication and Assertiveness
- Action Plan
- Vignette - Jenny and Nestor 1

2. Coding Activities

- Instructions
- 1. Joins with Adolescent
- Feedback
- 2. Communication and Assertiveness

- Feedback
 - 3. Action Plan
 - Feedback
 - 4. Decision Making and Problem Solving
 - Feedback
 - 5. Functional Analysis of Behavior Problems
 - Feedback
3. Module Feedback
- Additional Items
 - Exercise 1 Feedback

Exercise 2 – Zoe and Marissa 1

1. Introduction
- Instructions
 - Emotion Regulation
 - Cognitive Restructuring
 - In-Session Practice
 - Vignette - Zoe and Marissa 1
2. Coding Activities
- Instructions
 - Emotion Regulation
 - Feedback
 - Action Plan
 - Feedback
 - Affirms Self-Efficacy
 - Feedback
 - In-Session Practice
 - Feedback
 - Cognitive Restructuring
 - Feedback
3. Module Feedback
- Additional Items
 - Exercise 2 Feedback

Exercise 3 – Eli and Megan 1

1. Introduction
- Instructions

- Functional Analysis of Behavior Problems
 - In-Session Practice
 - Cognitive Restructuring
 - Vignette - Eli and Megan 1
2. Coding Activities
- Instructions
 - In-Session Practice
 - Feedback
 - Emotion Regulation
 - Feedback
 - Communication and Assertiveness
 - Feedback
 - Functional Analysis of Behavior Problems
 - Feedback
 - Cognitive Restructuring
 - Feedback
3. Module Feedback
- Additional Items
 - Exercise 3 Feedback

Exercise 4 - Daniel and Cheryl 1

1. Introduction
- Instructions
 - Three-Part Model of CBT
 - Cognitive Restructuring
 - Decision Making and Problem Solving
 - Vignette - Daniel and Cheryl 1
2. Coding Activities
- Instructions
 - Cognitive Restructuring
 - Feedback
 - Action Plan
 - Feedback
 - Functional Analysis of Behavior Problems
 - Feedback
 - Decision Making and Problem Solving

- Feedback
 - Three-Part Model of CBT
 - Feedback
3. Module Feedback
- Additional Items
 - Exercise 4 Feedback

Exercise 5 - Molly and Liz 1

1. Introduction
- Instructions
 - Decision Making and Problem Solving
 - In-Session Practice
 - Communication and Assertiveness
 - Vignette - Molly and Liz 1
2. Coding Activities
- Instructions
 - In-Session Practice
 - Feedback
 - Communication and Assertiveness
 - Feedback
 - Decision Making and Problem Solving
 - Feedback
 - Parent Participation
 - Feedback
 - Functional Analysis of Behavior Problems
 - Feedback
3. Module Feedback
- Additional Items
 - Exercise 5 Feedback

Exercise 6 - Nick and Julia 1

1. Introduction
- Instructions
 - Three-Part Model of CBT
 - Parent Participation
 - Activity Sampling
 - Vignette - Nick and Julia 1

2. Coding Activities

- Instructions
- Three-Part Model of CBT
- Feedback
- Emotion Regulation
- Feedback
- Activity Sampling
- Feedback
- Parent Participation
- Feedback
- Joins with Adolescent
- Feedback

3. Module Feedback

- Additional Items
- Exercise 6 Feedback

Exercise 7 - Russell and Molly 1

1. Introduction

- Instructions
- Communication and Assertiveness
- Joins with Adolescent
- Affirms Self-Efficacy
- Vignette - Russell and Molly 1

2. Coding Activities

- Instructions
- Communication and Assertiveness
- Feedback
- Joins with Adolescent
- Feedback
- Decision Making and Problem Solving
- Feedback
- Affirms Self-Efficacy
- Feedback
- Parent Participation
- Feedback

3. Module Feedback

- Additional Items
- Exercise 7 Feedback

Exercise 8 - Angelica and Elisabeth 1

1. Introduction
 - Instructions
 - Emotion Regulation
 - Decision Making and Problem Solving
 - Motivation to Change
 - Vignette - Angelica and Elisabeth 1
2. Coding Activities
 - Instructions
 - Three-Part Model of CBT
 - Feedback
 - Emotion Regulation
 - Feedback
 - Decision Making and Problem Solving
 - Feedback
 - Parent Participation
 - Feedback
 - Motivation to Change
 - Feedback
3. Module Feedback
 - Additional Items
 - Exercise 8 Feedback

Exercise 9 - Nick and Julia 2

1. Introduction
 - Instructions
 - Parent Participation
 - Joins with Adolescent
 - Motivation to Change
 - Vignette - Nick and Julia 2
2. Coding Activities
 - Instructions
 - Cognitive Restructuring
 - Feedback

- Joins with Adolescent
 - Feedback
 - Parent Participation
 - Feedback
 - In-Session Practice
 - Feedback
 - Motivation to Change
 - Feedback
3. Module Feedback
- Additional Items
 - Exercise 9 Feedback

Exercise 10 - Ashley and Mickey 1

1. Introduction
- Instructions
 - Functional Analysis of Behavior Problems
 - Three-Part Model of CBT
 - Affirms Self-Efficacy
 - Vignette - Ashley and Mickey 1
2. Coding Activities
- Instructions
 - Three-Part Model of CBT
 - Feedback
 - Functional Analysis of Behavior Problems
 - Feedback
 - In-Session Practice
 - Feedback
 - Affirms Self-Efficacy
 - Feedback
 - Joins with Adolescent
 - Feedback
3. Module Feedback
- Additional Items
 - Exercise 10 Feedback

Exercise 11 - Zoe and Marissa 2

1. Introduction

- Instructions
 - Three-Part Model of CBT
 - Action Plan
 - Motivation to Change
 - Vignette - Zoe and Marissa 2
2. Coding Activities
- Instructions
 - Three-Part Model of CBT
 - Feedback
 - Emotion Regulation
 - Feedback
 - Decision Making and Problem Solving
 - Feedback
 - Action Plan
 - Feedback
 - Motivation to Change
 - Feedback
3. Module Feedback
- Additional Items
 - Exercise 11 Feedback

Exercise 12 - Molly and Liz 2

1. Introduction
- Instructions
 - Decision Making and Problem Solving
 - Emotion Regulation
 - Motivation to Change
 - Vignette - Molly and Liz 2
2. Coding Activities
- Instructions
 - Parent Participation
 - Feedback
 - Emotion Regulation
 - Feedback
 - Decision Making and Problem Solving
 - Feedback

- In-Session Practice
 - Feedback
 - Motivation to Change
 - Feedback
3. Module Feedback
- Additional Items
 - Exercise 12 Feedback

Exercise 13 - Daniel and Cheryl 2

1. Introduction
- Instructions
 - Three-Part Model of CBT
 - Cognitive Restructuring
 - Communication and Assertiveness
 - Vignette - Daniel and Cheryl 2
2. Coding Activities
- Instructions
 - Emotion Regulation
 - Feedback
 - Three-Part Model of CBT
 - Feedback
 - Communication and Assertiveness
 - Feedback
 - In-Session Practice
 - Feedback
 - Cognitive Restructuring
 - Feedback
3. Module Feedback
- Additional Items
 - Exercise 13 Feedback

Exercise 14 - Jenny and Nestor 2

1. Introduction
- Instructions
 - Communication and Assertiveness
 - In-Session Practice
 - Action Plan

- Vignette - Jenny and Nestor 2
- 2. Coding Activities
 - Instructions
 - Communication and Assertiveness
 - Feedback
 - In-Session Practice
 - Feedback
 - Action Plan
 - Feedback
 - Joins with Adolescent
 - Feedback
 - Motivation to Change
 - Feedback
- 3. Module Feedback
 - Additional Items
 - Exercise 14 Feedback

Exercise 15 - Nick and Julia 3

1. Introduction
 - Instructions
 - Emotion Regulation
 - Decision Making and Problem Solving
 - Parent Participation
 - Vignette - Nick and Julia 3
2. Coding Activities
 - Instructions
 - Emotion Regulation
 - Feedback
 - Decision Making and Problem Solving
 - Feedback
 - Parent Participation
 - Feedback
 - Motivation to Change
 - Feedback
 - Affirms Self-Efficacy
 - Feedback

3. Module Feedback

- Additional Items
- Exercise 15 Feedback

Exercise 16 - Angelica and Elisabeth 2

1. Introduction

- Instructions
- Functional Analysis of Behavior Problems
- Emotion Regulation
- Joins With Adolescent
- Vignette - Angelica and Elisabeth 2

2. Coding Activities

- Instructions
- Functional Analysis of Behavior Problems
- Feedback
- Emotion Regulation
- Feedback
- Communication and Assertiveness
- Feedback
- In-Session Practice
- Feedback
- Joins with Adolescent
- Feedback

3. Module Feedback

- Additional Items
- Exercise 16 Feedback

Exercise 17 - Zoe and Marissa 3

1. Introduction

- Instructions
- Cognitive Restructuring
- Activity Sampling
- Parent Participation
- Vignette - Zoe and Marissa 3

2. Coding Activities

- Instructions
- Cognitive Restructuring

- Feedback
 - Activity Sampling
 - Feedback
 - Action Plan
 - Feedback
 - Parent Participation
 - Feedback
 - Joins with Adolescent
 - Feedback
3. Module Feedback
- Additional Items
 - Exercise 17 Feedback

Exercise 18 - Molly and Liz 3

1. Introduction
- Instructions
 - Decision Making and Problem Solving
 - In-Session Practice
 - Motivation to Change
 - Vignette - Molly and Liz 3
2. Coding Activities
- Instructions
 - In-Session Practice
 - Feedback
 - Motivation to Change
 - Feedback
 - Communication and Assertiveness
 - Feedback
 - Decision Making and Problem Solving
 - Feedback
 - Joins with Adolescent
 - Feedback
3. Module Feedback
- Additional Items
 - Exercise 18 Feedback

Exercise 19 - Russell and Molly 2

1. Introduction

- Instructions
- Action Plan
- Cognitive Restructuring
- Motivation to Change
- Vignette - Russell and Molly 2

2. Coding Activities

- Instructions
- Action Plan
- Feedback
- Decision Making and Problem Solving
- Feedback
- Cognitive Restructuring
- Feedback
- Communication and Assertiveness
- Feedback
- Motivation to Change
- Feedback

3. Module Feedback

- Additional Items
- Exercise 19 Feedback

Exercise 20 - Nick and Julia 4

1. Introduction

- Instructions
- Decision Making and Problem Solving
- Action Plan
- Affirms Self-Efficacy
- Vignette - Nick and Julia 4

2. Coding Activities

- Instructions
- Functional Analysis of Behavior Problems
- Feedback
- Decision Making and Problem Solving
- Feedback
- Action Plan

- Feedback
 - Motivation to Change
 - Feedback
 - Affirms Self-Efficacy
 - Feedback
3. Module Feedback
- Additional Items
 - Exercise 20 Feedback

Exercise 21 - Angelica and Elisabeth 3

1. Introduction
- Instructions
 - Parent Participation
 - Joins With Adolescent
 - Affirms Self-Efficacy
 - Vignette - Angelica and Elisabeth 3
2. Coding Activities
- Instructions
 - Three-Part Model of CBT
 - Feedback
 - Parent Participation
 - Feedback
 - Joins with Adolescent
 - Feedback
 - Motivation to Change
 - Feedback
 - Affirms Self-Efficacy
 - Feedback
3. Module Feedback
- Additional Items
 - Exercise 21 Feedback

Exercise 22 - Zoe and Marissa 4

1. Introduction
- Instructions
 - Emotion Regulation
 - Parent Participation

- In-Session Practice
 - Vignette - Zoe and Marissa 4
2. Coding Activities
- Instructions
 - Parent Participation
 - Feedback
 - Action Plan
 - Feedback
 - Affirms Self-Efficacy
 - Feedback
 - Emotion Regulation
 - Feedback
 - In-Session Practice
 - Feedback
3. Module Feedback
- Additional Items
 - Exercise 22 Feedback

Exercise 23 - Daniel and Cheryl 3

1. Introduction
- Instructions
 - Three-Part Model of CBT
 - Activity Sampling
 - Joins with Adolescent
 - Vignette - Daniel and Cheryl 3
2. Coding Activities
- Instructions
 - Activity Sampling
 - Feedback
 - Cognitive Restructuring
 - Feedback
 - Emotion Regulation
 - Feedback
 - Joins with Adolescent
 - Feedback
 - Three-Part Model of CBT

- Feedback
- 3. Module Feedback
 - Additional Items
 - Exercise 23 Feedback

Exercise 24 - Ashley and Mickey 2

1. Introduction
 - Instructions
 - Emotion Regulation
 - In-Session Practice
 - Functional Analysis of Behavioral Problems
 - Vignette - Ashley and Mickey 2
2. Coding Activities
 - Instructions
 - Emotion Regulation
 - Feedback
 - In-Session Practice
 - Feedback
 - Action Plan
 - Feedback
 - Cognitive Restructuring
 - Feedback
 - Functional Analysis of Behavior Problems
 - Feedback
3. Module Feedback
 - Additional Items
 - Exercise 24 Feedback

Exercise 25 - Jenny and Nestor 3

1. Introduction
 - Instructions
 - Communication and Assertiveness
 - In-Session Practice
 - Parent Participation
 - Vignette - Jenny and Nestor 3
2. Coding Activities
 - Instructions

- In-Session Practice
 - Feedback
 - Cognitive Restructuring
 - Feedback
 - Communication and Assertiveness
 - Feedback
 - Motivation to Change
 - Feedback
 - Parent Participation
 - Feedback
3. Module Feedback
- Additional Items
 - Exercise 25 Feedback

CBTFrame Post-Course Survey

1. Survey
- Feedback
 - Questions