

CBTFrame Live Virtual Workshop

Date: 10/15/2024

Location: Zoom (link to be provided)

Duration: 4 hours (4 hours and 45 minutes with breaks included)

Housekeeping <ul style="list-style-type: none">• Check-in and agenda overview	10 min	11:00-11:10am ET
CBT Core Elements Manual and Online Training <ul style="list-style-type: none">• 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) <ul style="list-style-type: none">• Behavioral Assessment and CBT Psychoeducation<ul style="list-style-type: none">○ Three Part Model: Today's training (15 min)○ Functional Analysis of Behavior Problems: Michael plus case on caseload role play in pairs (30 min)	45 min	11:20-12:05 pm ET
<ul style="list-style-type: none">• CBT Interventions<ul style="list-style-type: none">○ Cognitive restructuring: Interviewing activity (20 min)○ Emotion Regulation	30 min	12:00-12:30pm ET
Lunch Break	45 min	12:30-1:15pm ET
Online Training Walk Through <ul style="list-style-type: none">• Practice vignette coding activity	15 min	1:15-1:30 ET
CBT Interventions <ul style="list-style-type: none">• 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 <ul style="list-style-type: none">• 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 <ul style="list-style-type: none"> • Implementation Intention Activity • Consultation • ITT walk through 	20 min	2:50 pm-3:10 pm ET
Online Training Walk Through <ul style="list-style-type: none"> • Practice vignette coding activity 	15 min	3:10 pm-3:25 pm ET
Wrap-up	15 min	3:25-3:40 pm ET