

Introduction to Cognitive Behavior Therapy

This webinar will identify the roots of CBT from philosophy and psychology. It will help you conceptualize cases from the perspective of CBT. You will learn all of the components of CBT and how to use them to develop a treatment plan. Finally, Dr. Hannan will talk about the use of CBT with anxiety disorder, OCD spectrum, Mood disorders, Eating disorders, Schizophrenia, Bipolar Disorder, Personality Disorders, and pain/health psych.

Target Audience

Psychologists Social Workers Counselors
Therapists Psychiatrists Nurses
Course level: Intermediate

Learning Objectives

- At the end of this seminar, participants will be able to:
1. Create a case conceptualization based upon CBT principles
 2. Create a CBT oriented treatment plan.
 3. Identify and explain the treatment rationale of at least 4 techniques used in CBT.
 4. Explain the relationship of learning theory to case conceptualization.
 5. Identify the five components to a CBT conceptualization.

Seminar Schedule

Begin 10AM EST and end 5:15 PM, with 15 minute breaks at 11:30 and 3:30, and a 45 minute lunch break at 1:15 PM

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for only \$99

Outline

Begin 10 AM ET
Roots of CBT
Philosophy
Break 11:30-11:45 AM ET
Empiricism/Learning theory
Rise of Cognitive Therapy
CBT is not a set of techniques.
Lunch Break 1:15-2 PM ET
CBT conceptualization
Therapy structure
Components of CBT
Break 3:30-3:45 PM ET
Creating a treatment plan
Emotions
Introduction to CBT for specific disorders
End 5:15 PM ET

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 6 CE's for attending once they have completed these requirements.

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The Presenter

Dr. Scott Hannan is a clinical psychologist and manager of the outpatient clinic at the Anxiety Disorders Center/Center for Cognitive Behavioral Therapy at the Institute of Living. Dr. Hannan received his Ph.D. from Fordham University and completed his internship at The Institute of Living with a focus on child and adolescent psychology. His training continued at The Institute of Living where he completed his postdoctoral fellowship at the Anxiety Disorders Center, specializing in cognitive behavioral therapy for children, adolescents, and adults.

Dr. Hannan's clinical interests include Obsessive-Compulsive Disorder, consultation with families affected by hoarding, Phobias, Panic Disorder, Post Traumatic Stress Disorder related to motor vehicle accidents, and the treatment of children and adolescents with anxiety disorders. As a specialist in the treatment of school refusal behavior, he also consults with local school districts and conducts training seminars on school avoidance. Dr. Hannan believes that clinical practice should be guided by the latest research. He has worked on numerous research projects focusing on cognitive behavioral therapy for psychiatric problems such as Obsessive Compulsive Disorder, Panic Disorder, Trichotillomania, and Hoarding. Having developed an expertise in Obsessive Compulsive Disorder, Dr. Hannan has been a featured expert on shows such as the OCD Project and Hoarders.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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