

Title IV-E Collaborative Presents

CBT: A Clinical Perspective for Therapists

Matthew Rensi

Matthew Rensi is a Licensed Professional Clinical Counselor working as the Training Manager in the Training Division at Community Solutions. Matthew has experience providing therapy to the psychotic, homeless, and juvenile justice populations. He has experience providing CBT and MI trainings, and has utilized his military service to develop and facilitate a community mental health safety training.

3-Session Course

Part 1: Tuesday, March 2, 2021

Part 2: Tuesday, March 9, 2021

Part 3: Tuesday, March 16, 2021

10:00 am - 12:00 pm

Zoom

Registration ends Wednesday, February 24th

Links sent Friday, February 26th

****Must attend all sessions****

Course Description: Cognitive Behavioral Therapy (CBT) is an approach that focuses on recognizing the differences between thoughts, feelings, and actions, and teaches that we all have the ability to shift our thinking patterns. CBT is considered best practice for Depression and Anxiety. This interactive training will include videos, role plays, and direct instruction. Please bring your laptop and agency phone with you to allow for direct practice of documentation practices and use of free resources.

By the conclusion of this workshop, participants will be able to identify and practice:

- The core tenets of CBT; relationship between thoughts, feelings, and actions
- Cognitive Triangle, identification of common thinking errors and corresponding strategies to address them
- Receive at least 3 free resources and practice utilizing CBT interventions.

Eligible County Employees



For questions contact Staff Development & Training at
Rianna.Garcia01@ssa.sccgov.org

Must obtain Supervisor approval prior to registering

Eligible Non-County Employees

Register on-line @

<https://register.asapconnected.com/Courses.aspx?CourseGroupID=28977>

If you have questions please email us at:

T4e.collaborative@gmail.com