

# Title IV-E Collaborative Presents

## CBT: A Clinical Perspective for Therapists

*Lisa Colliss*

**Day 1**-Tuesday, November 3, 2020

**Day 2**-Tuesday, November 10, 2020

**Day 3**-Tuesday, November 17, 2020

10:00 AM to 12:00 PM

Online via Zoom

\*Attendance is required for all 3 days of training. Please register for each of the 3 days.

**Course Description:** This approach will cover CBT basics; recognizing the differences between thoughts, feelings, and actions, cognitive coping, cognitive restructuring. 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. This course is designed for individuals for staff members working towards licensure of MFT, LCSW, LPCC

**By the conclusion of this workshop, case management and peer support participants will be able to identify and practice:**

- To identify 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.

**Lisa Colliss** is a Licensed Clinical Social Worker and the Clinical Supervision & Training Manager at Community Solutions. Lisa has clinical and training experience in a variety of evidence-based practices and Trauma-Informed care, including TF-CBT, Seeking Safety, Mindfulness, and the use of movement and yoga in trauma work. She has served as a clinician in large community-based organizations, and inpatient psychiatric hospital and in private practice with experience providing individual and group therapy to clients of all ages.

### Eligible County Employees



For questions contact Staff Development & Training at [Rianna.Garcia01@ssa.sccgov.org](mailto:Rianna.Garcia01@ssa.sccgov.org)

\*Must obtain Supervisor approval prior to registering\*

### Eligible Non-County Employees

Register on-line here:

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

Please email us with any questions here:

[T4e.collaborative@gmail.com](mailto:T4e.collaborative@gmail.com)