
Learning Hub: Cognitive Behavioral Therapy Foundations: A Skills-Based Approach

A prerequisite to our other cognitive behavioral therapy courses, Cognitive Behavioral Therapy Foundations begins by teaching the therapeutic model that cognitive behavioral therapy is based on, then dives right into simple and effective strategies you can use to bolster your practice. Using a selection of learning tools, this course provides transferable skills that may improve the wellbeing of your client, including cognitive restructuring tools, behavioral action planning, emotional coping techniques, and ways to implement measurement-based care. With the support of subject matter experts, practical activities and resources, Cognitive Behavioral Therapy Foundations will set you up for success as you seek to provide your best level of care. *NOTE: This course is a prerequisite for all other cognitive behavioral therapy courses offered by Psych Hub.*

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LEARNING HUB OVERVIEW

ESTIMATED COURSE LENGTH: 3 hrs. 15 min.

CE CREDITS: **3.25** continuing education hours for social workers and psychologists / **3.00** continuing education hours for counselors

TARGET AUDIENCE:* Mental Health Providers

LEVEL OF INSTRUCTION: Intermediate

PREREQUISITE(S): None

INSTRUCTIONAL METHOD: Self-paced; interactive; hybrid of audio, text, video, and learning checks

ACCESSIBILITY ACCOMMODATIONS: Color contrast; transcripts of video components; closed captioning of audio and video components. *In order to request further accessibility accommodations, please email support@psychhub.com.*

REGISTRATION: To enroll in this or any other Psych Hub Learning Hub, go to lms.psychhub.com, click “Log In” to create a new account or access your existing account, return to lms.psychhub.com to access a list of Learning Hubs, click the title of the Learning Hub in which you are interested, and follow the instructions on the page.

**Note: We have categorized our Learning Hubs based on suggested/targeted audiences. However, everyone is encouraged and welcome to take any Learning Hubs.*

LEARNING HUB PACKAGES & PRICING

This Learning Hub is available individually or as part of different packages as well as with or without supplementary videos. Continue reading to learn what each purchase option includes.

Cognitive Behavioral Therapy Foundations: A Skills-Based Approach ★

- **Course modules:** 8 modules with over 40 components in each module (components consist of a mixed media approach with roleplays, video interviews with subject matter experts, animation explainer videos, knowledge games and more)
- **Supplementary PDFs:** 10 downloadable PDFs expanding on relevant course topics

Cognitive Behavioral Therapy Foundations: A Skills-Based Approach (Videos Included) ★

- **Course modules:** 8 modules with over 40 components in each module (components consist of a mixed media approach with roleplays, video interviews with subject matter experts, animation explainer videos, knowledge games and more)
- **Supplementary PDFs:** 10 downloadable PDFs expanding on relevant course topics
- **Refresher videos:** 12 provider videos to highlight key concepts in Cognitive Behavioral Therapy Foundations: A Skills-Based Approach

- **Client videos:** 7 companion videos for your clients specifically designed to reinforce skills learned in cognitive behavioral therapy treatment; over 120 mental health literacy videos for clients on a host of mental health topics

Cognitive Behavioral Therapy Series ★

- **Course modules** and **supplementary PDFs** of ALL Psych Hub Cognitive Behavioral Therapy Learning Hubs

Cognitive Behavioral Therapy Series (Videos Included) ★

- **Course modules, supplementary PDFs, and supplementary videos** of ALL Psych Hub *Cognitive Behavioral Therapy* Learning Hubs

Psych Hub Subscription ★

- **Course modules, supplementary PDFs, and supplementary videos** of ALL Psych Hub Learning Hubs

Learning Solutions for Organizations

To learn about options for organizations, including bulk purchases, Learning Hub customization, and Learning Hub co-development, email info@psychhub.com.

PACKAGES & PRICING	COGNITIVE BEHAVIORAL THERAPY FOUNDATIONS: A SKILLS-BASED APPROACH	COGNITIVE BEHAVIORAL THERAPY FOUNDATIONS: A SKILLS-BASED APPROACH VIDEOS INCLUDED	COGNITIVE BEHAVIORAL THERAPY SERIES	COGNITIVE BEHAVIORAL THERAPY SERIES VIDEOS INCLUDED	PSYCH HUB SUBSCRIPTION VIDEOS INCLUDED
COURSE MODULES	✓	✓	✓	✓	✓
SUPPLEMENTARY PDFS	✓	✓	✓	✓	✓
SUPPLEMENTARY VIDEOS	X	✓	X	✓	✓
ADDITIONAL COURSES	X	X	✓	✓	✓
COST	\$50/year	\$75/year	\$199/year	\$299/year	\$360/year \$30/month

LEARNING OBJECTIVES

After completing this course, you will be able to describe and employ the following:

1. Describe the relation between cognition, emotion and behavior. The description must include: a clinical understanding of how each element interacts to form a synopsis of how an individual perceives and reacts.
2. Relate cognitions to core beliefs and automatic thoughts, describing their modification through these five techniques: thought change records, Socratic questioning, decatastrophizing, examining the evidence, generating alternatives, and coping cards.
3. Assess behavior in the context of the CBT model and advise behavioral activation techniques for the following three techniques: activity scheduling, problem solving, and graded task assignments.
4. Summarize the following seven CBT strategies: reciprocal inhibition, exposure, relaxation, thought stopping, distraction, and breathing training in relation to coping with emotions.
5. Critically appraise CBT session structures that include addressing behavioral and coping modification, defining healthy coping mechanisms and techniques for clients, and interpreting client homework assignments.
6. Evaluate client progress using measurement based care and assess client's readiness for termination of therapy, and/or potential for relapse using the techniques of maintenance, anticipating setbacks, and booster sessions.

MODULE OVERVIEWS

Module 1: Introducing the Cognitive Behavioral Model

- The cognitive behavioral model and the process of cognitive appraisal
- Planning an agenda for the evaluation session with the client and outlining the goals of therapy, session structure, assessment and expectations
- Utilizing assessment tools and gathering client data in preparation for conducting a case conceptualization
- Describing cognitive behavioral therapy (CBT) as an evidence-based practice
- Differentiating between the concepts cognitive and behavioral and their respective definitions
- Identifying the relationships between the elements of the cognitive behavioral model

Module 2: What Happens in the First Phase of Treatment?

- Educating clients on the cognitive behavioral model and its application to their individual condition
- Structuring the first phase of therapy sessions with an agenda that focuses on CBT as time-based, goal focused, and involves a collaborative relationship between clinician and client
- Employing techniques that emphasize skill building and provide the rationale for homework and possible obstacles
- Assessing the client's mood, symptoms, and condition for the creation of a case conceptualization
- Discussing the traditional CBT session structure and the importance of a session-based and goal-focused therapeutic plan
- Emphasizing the collaborative relationship and its importance to CBT and the goals of treatment

Module 3: Restructuring the Cognitive

- Collaborating with the client to set session agenda and establish goals for the future
- Educating the client on techniques for identifying and modifying automatic thoughts
- Discussing with the client on the role of homework in CBT and how practicing skills outside of therapy sessions contributes to better outcomes
- Explaining the importance of setting structure and planning each therapy session
- Defining automatic thoughts and identifying the appropriate techniques to modify them
- Assessing techniques for identifying and modifying automatic thoughts that can be effectively used as homework assignments

Module 4: Identifying Emotions and Altering Core Beliefs

- Reviewing homework and discussing session agenda involving techniques for identifying and modifying core beliefs
- Teaching the client how to identify their emotions and core beliefs, showing how they relate to the cognitive behavioral model
- Utilizing the appropriate techniques for identifying and modifying core beliefs, as well as developing corresponding homework for the client
- Identifying agenda items that correlate with emotions and modifying core beliefs
- Defining the principles of core beliefs, distinguishing between those that are healthy and those that are maladaptive
- Determining the appropriate techniques for modifying core beliefs to recommend to the client in their homework assignment

Module 5: Applying Behavioral Intervention

- Reviewing homework and discussing session agenda involving techniques for behavioral intervention
- Applying the behavioral intervention techniques appropriate for each situation
- Assigning homework that will help the client review and apply learned techniques
- Defining behavior, events, and behavioral activation as they fit within the framework of the cognitive behavioral model
- Listing various behavioral techniques, as well as their processes and requirements
- Determining effective tools and resources to be used by the client as homework assignments

Module 6: Coping Techniques and Behavioral Intervention

- Planning sessions employing healthy coping mechanisms and behavioral intervention techniques
- Demonstrating proven coping techniques to modify harmful behaviors
- Assigning appropriate behavioral intervention and coping homework to clients
- Describing typical session structures for addressing behavioral and coping modification
- Defining healthy coping mechanisms and techniques for clients
- Interpreting client homework assignments and making necessary adjustments

Module 7: Maintaining the Alliance with Your Client

- Planning sessions using measurement-based care techniques
- Utilizing assessments to evaluate the quality and effectiveness of care
- Providing clients with self-assessment tools and resources to use in and out of sessions
- Explaining the process and benefits of measurement-based care
- Discussing the criteria clinicians can use to evaluate care quality and effectiveness
- Listing common self-assessment scales available for clinicians and clients

Module 8: Ending Treatment and Preventing Relapse

- Summarizing the key principles, skills, plans, and techniques that have been discussed in this course
- Implementing a strategy for terminating treatment while considering the client's achieved goals and commitment
- Assessing the client's overall therapy progress, quality of treatment, and ability to retain the skills learned in therapy
- Identifying the client's progress and determine if they are ready to terminate therapy
- Explaining the importance of retaining learned skills to help in preventing relapse
- Discussing possible obstacles and concerns the client might face when it is time to terminate treatment

COURSE COMPLETION REQUIREMENTS

To complete the course, learners must do the following:

- Take the pre-course assessment (no score requirements)
- Review all modules
- Take the post-course assessment (passing score: 85% or higher*)
- Complete the course evaluation

**Learners may attempt the post-course assessment up to three times to earn a passing score. If a learner does not earn a score of at least 85% on their third attempt, they will not receive credit for the course.*

PSYCH HUB CERTIFICATION

Once you have successfully completed the course, you will be presented the option to pursue Psych Hub Certification. *Please note two things: (1) Psych Hub Certification is not affiliated with continuing education credit in any way, and (2) Psych Hub Certification is not available for every Learning Hub.*

The Certification Project is a special, post-course project where you will get full Psych Hub certification for drafting, submitting, and finalizing a case study where the information in this course is applied. For more information, see the points below.

For learners who opt not to accomplish the certification project

All learners will receive a general certificate of completion upon completing all Learning Hub elements. You can remain active in the discussions by regularly visiting the course Psych Hub Forums.

Browse our other available Learning Hubs to continue your learning journey!

For learners who opt to accomplish the certification project

Acquaint yourself with the different guidelines in place for the project:

- [Case Study Requirements](#)
- [Case Study Rubric](#)
- [PH Level Requirements and Submission Portal Instructions](#)

When you are ready to submit your Case Study, click the "Certificate Project Submission Portal" in the course.

CONTINUING EDUCATION INFORMATION

For more information on Psych Hub's continuing education programs, email ce@psychhub.com.

Approving Organizations

American Psychological Association (APA)



Psych Hub is approved by the American Psychological Association to sponsor continuing education for psychologists. Psych Hub maintains responsibility for this program and its content.

Psychologists completing this course receive **3.25** continuing education credits.

Association of Social Work Boards (ASWB)



Psych Hub, #1750, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Psych Hub maintains responsibility for this course. ACE provider approval period: 08/20/2020 – 08/20/2021. Social workers completing this course receive **3.25** clinical continuing education credits.

California Association of Marriage and Family Therapists (CAMFT)



Course meets the qualifications for **3.25** hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Psych Hub is approved by the California Association of Marriage and Family Therapists to sponsor continuing

education for LMFTs, LCSWs, LPCCs, and LEPs. Psych Hub maintains responsibility for this program/course and its content. CAMFT Approval #1000074.

National Board of Certified Counselors (NBCC)



Psych Hub has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7051. Programs that do not qualify for NBCC credit are clearly identified. Psych Hub is solely responsible for all aspects of the programs.

Counselors completing this course receive **3.00** continuing education hours.

CE Credit Calculation

APA, CAMFT, & ASWB Credit Calculation

Continuing education credits for psychologists, social workers, and marriage and family therapists are calculated by averaging pilot test times, rounded down to the nearest quarter hour. This allows for inclusion of interactive elements (e.g., assessments) and learner variance. However, regardless of pilot test times, the number of continuing education credits will never exceed 2 hours more than the combined video and voiceover length.

Average Pilot Test Length: 3 hours 24 minutes

NBCC Credit Calculation

Continuing education hours for counselors are calculated by summing the length of all course videos and voiceover, rounded up to the nearest quarter hour. This does NOT include time taken to complete interactive elements of the course.

Combined Video and Voiceover Length: 2 hours 58 minutes

Timed Course Outline

Since the course is interactive and each learner will proceed at their own pace, timing is not exact. These are approximations based on average pre/post-test time of pilot testers as well as the run-time of course videos and voiceover. This course does not have to be completed in one session.

Course Activities for CE Credit (≥ 3 hours 9 minutes)

- Pre-Course Assessment (6 minutes) **[EXCLUDED FROM ACTIVITIES FOR NBCC CREDIT]**
- Module 1: Introducing the Cognitive Behavioral Model (20+ minutes)
- Module 2: What Happens in the First Phase of Treatment? (24+ minutes)
- Module 3: Restructuring the Cognitive (34+ minutes)
- Module 4: Identifying Emotions and Altering Core Beliefs (20+ minutes)
- Module 5: Applying Behavioral Intervention (21+ minutes)
- Module 6: Coping Techniques and Behavioral Intervention (14+ minutes)
- Module 7: Maintaining the Alliance with Your Client (18+ minutes)
- Module 8: Ending Treatment and Preventing Relapse (18+ minutes)
- Theory Tank (9+ minutes)
- Post-Course Assessment (6 minutes) **[EXCLUDED FROM ACTIVITIES FOR NBCC CREDIT]**

Course Activities NOT for CE Credit

- Participant Evaluation (5-10 minutes)
- Modified Practice Attitudes Scale (5-10 minutes)
- (OPTIONAL) Supplementary Videos for Learner and Learner's Clients
- (OPTIONAL) Written assignment to earn Psych Hub Certification

Obtaining Certificates of Completion

After completing the pre-course assessment, reviewing all modules, completing the post-course assessment with a score of at least 85%, and completing the participant evaluation, learners will automatically receive a certificate of completion.

ACCESSIBILITY ACCOMMODATIONS, GRIEVANCES, & REFUNDS

Psych Hub's Grievance Policy, which includes information on filing grievances, requesting a refund, and requesting accessibility accommodations, can be found by clicking [here](#) or navigating to the footer of lms.psychhub.com.

COURSE AUTHORS

To submit questions or comments for course authors, email ce@psychhub.com.

Gregory K. Brown, Ph.D.

Clinical Psychologist & Cognitive Behavioral Therapy Master Clinician

Dr. Brown is an internationally renowned expert in suicide prevention whose work has led to transformational advances in the treatment of suicidal individuals. His research aims to develop and evaluate the effectiveness of innovative, targeted interventions designed to reduce vulnerability factors associated with suicidal behavior in high-risk populations and to examine and improve the implementation of evidence-based treatments into "real world" settings to prevent suicide. With colleagues, Dr. Brown developed two clinical interventions for individuals at risk for suicide: the Safety Planning Intervention and Cognitive Therapy for Suicide Prevention. The Safety Planning Intervention is an evidence-based, brief suicide prevention strategy that has been used in research and widely disseminated in health care settings, including the VA. Cognitive Therapy for Suicide Prevention, one of the few existing evidence-based psychotherapy interventions, has been shown to prevent suicide attempts among individuals at high risk for suicide. He also provides clinical training for clinicians in suicide assessment and risk management, cognitive behavior therapy for depression, and suicide prevention.

Barbara H. Stanley, Ph.D.

Clinical Psychologist

Dr. Stanley is a clinical psychologist who specializes in the treatment of individuals with borderline personality disorder, depression, and self-harm. With her colleague, Dr. Gregory Brown, she developed the Safety Planning Intervention that is used in Emergency Departments, inpatient and outpatient facilities, throughout the VA and on crisis

hotlines. She currently holds numerous leadership positions as Professor of Medical Psychology in the Department of Psychiatry at Columbia University Vagelos College of Physicians & Surgeons, the Director of the Suicide Prevention Training, Implementation and Evaluation for the Center for Practice Innovation and Research Scientist in Molecular Imaging and Neuropathology at the New York State Psychiatric Institute and the Leader of the Conte Center for Suicide Prevention Project 5, “Stress, Inflammation, Aggression and Emotion Regulation in Suicidal Behavior”.

SYSTEM REQUIREMENTS

Accessing this Learning Hub requires an internet connection. The following technology can be used for access:

Operating Systems

- Windows 7/8/10, any edition
- macOS 10.6 and above
- Any phone or tablet with an internet browser and connection

Internet Browsers

- Any standard internet browser (i.e. Chrome, IE, Firefox, Edge, Safari)

ADDITIONAL INFORMATION

Conflict of Interest Disclaimer

Psych Hub receives financial support from organizations in the healthcare industry, but these entities do not control or direct course content. Psych Hub’s Conflict of Interest Policy can be found in the footer of lms.psychhub.com.

Course Creation Date

2/27/2020

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