

## REGISTRATION

Please use one registration form per person, duplicate as needed.

### COGNITIVE BEHAVIORAL THERAPY

April 26, 2010 (4 wks.)

Name \_\_\_\_\_

Agency \_\_\_\_\_

Street Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Above address is: \_\_\_\_\_ work \_\_\_\_\_ home

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Fax \_\_\_\_\_

Email \_\_\_\_\_

**Registrations for online courses are processed when the check or purchase order is received.**

There are a limited number of slots available for this course.

Once payment (check or purchase order) has been received, further instructions for accessing the course will be e-mailed to you.

Registration fee: \$35 (payable to AdCare).

Please indicate how payment will be made:

- Check Enclosed - checks payable to AdCare  
 Agency PO enclosed (Hard copy of PO made payable to AdCare is required).

Register by:

Mail - AdCare Educational Institute of Maine, Inc.  
75 Stone Street • Augusta, ME 04330

Fax: 207-621-2550

Online: <http://www.neias.org/SATadregme.html>



75 Stone Street  
Augusta, ME 04330

## ONLINE COURSE

### COGNITIVE BEHAVIORAL THERAPY

April 26, 2010 (4 weeks)



REGISTER EARLY! SPACE IS LIMITED!

Sponsored by  
Maine Office of Substance Abuse  
Department of Health & Human Services  
and  
The Addiction Technology Transfer  
Center of New England

Supported by  
AdCare Educational Institute  
Of Maine, Inc.

## COGNITIVE BEHAVIORAL THERAPY

### COURSE OVERVIEW

Cognitive-behavioral therapy (CBT) is a treatment approach that has gained widespread application in the treatment of a variety of mental health issues, including substance abuse. Several important features of CBT make it particularly promising as a treatment for substance abuse and dependence:

- CBT is a short-term, comparatively brief approach well suited to the resource capabilities of most clinical programs.
- CBT has been extensively evaluated in rigorous clinical trials and has solid empirical support as treatment for substance abuse.
- CBT is structured, goal-oriented, and focused on the immediate problems faced by substance abusers entering treatment who are struggling to control their substance use.
- CBT is a flexible, individualized approach that can be adapted to a wide range of patients as well as a variety of settings (inpatient, outpatient) and formats (group, individual).
- CBT is compatible with a range of other treatments the patient may receive, such as pharmacotherapy and self-help groups such as Alcoholics Anonymous.

CBT's broad approach encompasses several important common tasks of successful substance abuse treatment.

This four week course will explore the central elements of CBT in the treatment of Substance Use Disorders and examine CBT treatment manuals that address alcohol and cocaine addiction.

### COURSE OBJECTIVES

Upon completion of this course, participants will be able to:

- Identify the precursors and consequences of a client's substance abuse behavior.
- Assess the clients' coping abilities and self-efficacy perceptions.
- Identify the characteristics of different attributional processes.
- Define the roles of cognition and behavior in the relapse process.
- Improve the client's self-confidence in dealing with high-risk situations.
- Identify the critical elements of the therapist-client relationship.

### PRESENTER

Justin Enggasser, Ph.D. is an Instructor in Psychology at Harvard Medical School, Staff Psychologist at VA Boston Healthcare System, and licensed Psychologist and Health Service Provider in the commonwealth of Massachusetts. He provides direct clinical services through the residential and outpatient substance abuse treatment programs at VA Boston. Dr. Enggasser has published several studies in the areas of depression and substance use. He is currently involved in projects developing and testing new treatment models (a gender-specific cognitive-behavioral treatment protocol for women with substance use disorders) and treatment delivery methods (web-based interventions for problem drinking).

### ACCREDITATION

This four-week course has been approved by the National Association of Alcoholism and Drug Abuse Counselors (NAADAC) for 8 educational credits. It is being provided by the Brown Distance Learning program, which is accredited as a NAADAC Approved Education Provider (#000151).

This course meets the qualifications for 8 hours of continuing education credit for MFCC's and/or LCSW's as required by the California Board of Behavioral Sciences (PCE#1917).

This course is approved by the Connecticut Certification Board (CCB) for 8 Category 1 continuing education credits for Certified Alcohol and Drug Counselors (CADC's). The CCB is an IC&RC affiliate. The New York State OASAS does accept distance learning CEs provided by institutions of higher learning for individuals pursuing or renewing a CASAC, CPP or CPS.

This program is approved by the National Association of Social Workers (provider # 886514487) for 8 continuing education contact hours.

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### PARTICIPATION GUIDELINES

In order to participate in the Brown Distance Learning Program (DLP), you will need an e-mail address and the capacity to retrieve and send e-mail, access to World Wide Web (a WWW browser such as Netscape Communicator or Microsoft Internet Explorer), and a basic understanding of navigating the web and sending and receiving e-mail. See "Untangling the Web" developed by the National Addiction Technology Transfer Center for a guide on Internet access and how to bring your agency online. Please note that the preferred browser for ATTC-NE online courses is Internet Explorer 6.0 or higher. For a free download of Internet Explorer, please go to the following site: <http://www.microsoft.com/windows/downloads/ie/getitnow.mspx>

All DLP courses are asynchronous in that there are generally no scheduled classroom events that require all participants to meet online at a particular, predetermined time. Lessons are posted on Tuesdays, and homework assignments are due on Mondays. Lessons, homework assignments, and bulletin board discussions can be accessed 24 hours a day at a time that is most convenient for the course participant. Each web-based lesson contains the required reading for each module, as well as links to other websites that contain information relevant to the course subject matter. In addition to the weekly lesson and required readings, participants are also required to respond to a discussion question, as well as to answer several questions related to the material presented online. The course instructor provides weekly feedback, and participants share in the thoughts and vast experiences of their fellow classmates through the course listserve. Registration, evaluation, and homework assignments are all collected through online submission forms and all course correspondence is conducted via email. The total time commitment per lesson is generally two hours per week. Occasionally, a course will consist of a live chat with the instructor that does include a specific meeting time. Because the DLP provides training to participants from many diverse locations throughout the World, it is impossible to schedule a chat session that is convenient for all participants, therefore, in some cases, an alternative assignment will be required for those who are unable to attend the chat. A transcript of all live chats is provided to course participants.