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**Dedicated To The Psychology Of Well-Being**

Manhattan - Westchester  
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**Cognitive and Behavioral Consultants Hosts CBT Foundational Workshop for Clinicians**  
*The Five-Day Training provides participants with the required hours necessary to apply for credentialing in cognitive behavior therapy through the Academy of Cognitive Therapy*

**Westchester (January 25, 2018)** – Cognitive and Behavioral Consultants (CBC) will host a Five-Day Foundational Cognitive Behavioral Therapy (CBT) workshop July 9 through July 13, 2018 at the Schwartzberg Training Center at CBC, located at 1 North Broadway in White Plains, New York.

This intensive five-day training program, now in its fourth year, was created by Dr. Lata K. McGinn in response to multiple requests from clinicians who often learn cognitive behavior therapy through self-study or workshops and are looking to increase their ability to apply CBT concepts and strategies in their current practices. Clinicians also have the valuable opportunity to receive ongoing consultation following the training. Upon completion, attendees will have received the required hours of training in cognitive behavior therapy necessary to apply to become a Certified Diplomate through the Academy of Cognitive Therapy.

The training will cover a range of strategies, foundational to advanced, including:

- Creating a CBT case conceptualization with the client's participation to produce meaningful treatment plans and guide therapeutic interventions;
- Defining behavioral targets with precision and measuring treatment outcomes;
- Utilizing specific cognitive and behavioral strategies, including psycho-education, cognitive restructuring, exposure and response prevention, skills training and more.
- Using CBT with couples, parents, and children/adolescents.

Mental health professionals and students interested in building and deepening their understanding of CBT principles in practice are invited to attend. Cognitive and Behavioral Consultants (CBC) is approved by the American Psychological Association to sponsor continuing education for psychologists. CBC maintains responsibility for this program and its content.

Cognitive and Behavioral Consultants, SW CPE, is recognized by the New York State Education Department's State Board of Social Work as an approved provider of continuing education for licensed social workers #0219.

For more information or to register for the workshop, visit <https://www.cbc-psychology.com/event/cbt-five-day-foundational/>. Questions can be directed to 914-385-1150 or via email at [training@cbc-psychology.com](mailto:training@cbc-psychology.com). Student and Group rates are available upon request.

**About Cognitive & Behavioral Consultants, LLP**

CBC is a center comprised of internationally recognized mental health professionals who have researched, pioneered, and are highly experienced in delivering cutting edge evidence-based treatments that help adults, adolescents, and children live more fulfilled lives. Founded in 2004 by Drs. Lata K. McGinn and Alec L. Miller, leaders in the fields of Cognitive Behavioral Therapy and Dialectical Behavioral Therapy, the CBC team provides a large array of Clinical and Wellness services to the public, provides Custom Designed Programs for schools, agencies, and businesses, and Continuing Education for Professionals in the field of psychology.

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