



Continuing Education

CBT: Helping Children & Adolescents Identify & Change Unhealthy Thoughts



Helping children and adolescents identify and change thoughts is often the most difficult techniques for therapists to master.

Cognitive behavior therapy is the most evidenced-based treatment for several mental health disorders in both children and adolescents. This 4-hour workshop will include demonstration and practice of several techniques to improve the therapists' skills in helping the client move from unhealthy to healthy thinking.

At conclusion, attendees will be able to:

- Explain the CBT approach and how it can be adapted for children/adolescents;
- Discuss how CBT can be used to treatment of depression and anxiety;
- Use CBT to help children/adolescents identify and change thoughts;
- Demonstrate at least two CBT techniques to facilitate change in children/adolescents.

Featured Presenter:

Vickie Beck, APRN, CNS, BC, is a board certified child and adolescent Clinical Nurse Specialist specializing in working with children and families. She has over 40 years of experience, 16 of which she has been using Trauma Focused-Cognitive Behavioral Therapy (TF-CBT). For the past 10 years, Ms. Beck has been a national TF-CBT trainer and has taught hundreds of clinicians in effectively treating PTSD and trauma related symptoms in children and adolescents. Ms. Beck earned a Master's of Science Degree in Psychiatric Nursing from Texas Women's University.

Thursday, June 1, 2017

8:00 am—12:15 pm (4 CEUs)
(Check-in & Continental Breakfast 7:30 am)

Beaver Creek Country Club
9535 Mapleville Road
Hagerstown, MD 21740

Continuing Education Credits

Maryland Social Workers: Brook Lane Health Services is an approved sponsor of the Maryland Board of Social Work Examiners for continuing education credits for licensed social workers in Maryland. Brook Lane is solely responsible for all aspects of the program. This program will provide 4.0 credit hours of Category I continuing education; partial credit will not be awarded.

Maryland Psychologists: The Maryland State Board of Examiners for Psychologist will accept continuing education hours provided by Brook Lane, an approved CE sponsor by the Maryland State Board of Social Worker Examiners; partial credit will not be awarded.

Counselors/Therapists: Brook Lane Health Services has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5452. Programs that do not qualify for NBCC credit are clearly identified. Brook Lane is solely responsible for all aspects of the program. This program will provide 4 clock hours; partial credit will not be awarded.

Other Healthcare Professionals: A certificate of completion noting the number of educational/contact hours will be provided.

This program is funded in part by the William B. and Sylvia A. Hunsberger Fund



Registration Information

Seminar Fee: \$ 79.00 *Includes: continental breakfast & buffet lunch*

To Register: See registration form

Brook Lane Staff: Follow Training Request procedures

Questions: deb.staley@brooklane.org
301-733-0331 x 1189

Brook Lane, PO Box 1945, Hagerstown, MD 21742
www.brooklane.org

Three Ways to Register



Fax

Complete the form with credit card information and fax to Attn: Seminar Cashier
301-733-4038



Online

www.brooklane.org

click on:
Continuing Education
Events

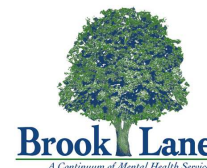


Mail

Complete the form and mail with payment to
Attn: SEMINAR Cashier
Brook Lane, PO Box 1945, Hagerstown, MD 21742

Brook Lane Seminar Registration Form

PO Box 1945, Hagerstown, MD 21742
301-733-0331 x 1189 www.brooklane.org



Please PRINT Clearly

First Name: _____ Last Name: _____ MI: _____

Home Address: _____

City: _____ State: _____ Zip: _____

*Email address (*required for registration & confirmation*): _____

Contact Phone #: _____ Discipline: _____

Seminar: **CBT: Changing Thoughts** Date: **Thursday, June 1, 2017**

Location: * **Beaver Creek Country Club, 9535 Mapleville Rd, Hagerstown, MD 21740**

Seminar Fee: **\$ 79.00 per person** [] I am a BL Employee, Dept #: _____
(includes Breakfast & Lunch) (Brook Lane Staff: Payment will be handled by Brook Lane with submission of approved **Request for Training form and required documentation**)

Payment Method: [] Check #: _____ Credit Card: [] MasterCard [] Visa [] Discover

Cardholder Name: _____

Cardholder Address (*if different than above*): _____

Account No. _____ Expiration Date: _____

Cardholder Signature: _____ CV Code (3 digit # back of card): _____

Please register early, space is limited!

Cancellation Policy: A \$ 10.00 processing fee will apply. To receive a refund, cancellations must be made in writing and received no later than Friday, **May 25, 2017**. No refunds will be made after that date or for no-shows.

Program Questions: Debbie Staley, Manager of Continuing Education@ deb.staley@brooklane.org; 301-733-0331 ext. 1189 or by writing: Brook Lane, Attention Debbie Staley, PO Box 1945, Hagerstown, MD 21742