

Training Offerings 2026 - 2027

Evidence-Based Training for Real World Impact



Core CBT Approaches

- Acceptance and Commitment Therapy
- Behavioral Activation
- CBASP
- CBT and DBT Skills
- CBT en Español
- Guided Discovery
- Socratic Questioning



Populations & Clinical Focus

- CBT for Adults
- CBT for Children and Families
- CBT for Anxiety
- CBT for Bipolar Disorder
- CBT for Depression
- CBT for Insomnia
- CBT for OCD
- CBT for Pain
- CBT for Psychosis
- CBT for Substance Abuse
- CBT for Suicide
- CBT for Trauma/PTSD



Specialized Clinical Intervention

- Cognitive Processing Therapy
- Exposure and Response Prevention
- Eating Disorder 101 and 102
- Family Based Therapy
- Inhibitory Learning/Tolerance to Uncertainty
- Mindfulness-Based CBT
- Mindfulness-Based CBT for Children and Youth
- Motivational Interviewing
- Problem Solving Therapy
- Prolonged Exposure for PTSD



Professional Development

- CBT Supervision
- CBT Supervision and Rating
- Student CBT Training
- Using CBT with Resistant Clients
- Working with Complex Clients (Personality Disorders)
- Core Beliefs
- Culturally Competent CBT
- CBT for Personality Disorders
- CBT-E