



## CENTER FOR TELEPSYCHOLOGY

Presents

### Therapist Training on Cognitive Behavior Therapy for Anxiety Disorders

Delivery Format	Recorded and reading based asynchronous distance learning
Delivery Method	Hosted on <a href="http://www.telepsychology.net">www.telepsychology.net</a>
CE Amount	7.5 CE Credits
Course Description	<p>This interactive, multi-media, training program will teach you how to provide effective cognitive behavioral treatment to patients with anxiety disorders. The material is presented in a variety of formats: interactive exercises, animations, graphical illustrations, and videos of an expert clinician demonstrating the techniques with a mock client. Concepts and techniques are illustrated for each of the anxiety disorders, plus OCD and PTSD so you will learn how to apply these skills across the anxiety disorder spectrum.</p>
Target Audience	Social workers, psychologists and other mental health professionals
Learning Objectives	<p>After taking this course, participants will be able to:</p> <p><b>Module 2: Principles of CBT-Overview</b></p> <ol style="list-style-type: none"><li>1. Describe what Cognitive Behavior Therapy (CBT) is</li><li>2. Summarize the differences between cognitive therapy and behavior therapy</li><li>3. Explain the therapeutic relationship in CBT</li><li>4. Describe how to enhance client motivation in CBT</li></ol> <p><b>Module 3: Teaching Clients About the Nature of Anxiety</b></p> <ol style="list-style-type: none"><li>1. Describe the normal function of anxiety</li><li>2. Describe the purpose of the physical symptoms of anxiety</li><li>3. Explain the difference between normal anxiety and anxiety disorders</li><li>4. Explain the CBT treatment approach</li></ol> <p><b>Module 4: Explaining Treatment Rationale to Clients</b></p> <ol style="list-style-type: none"><li>1. Describe why clients understand of the treatment rationale is important</li><li>2. Describe the 3 parts of anxiety</li><li>3. Explain the anxiety cycle and how it works</li></ol>

**Module 5: Teaching Patients Self-Assessment Skills**

1. Explain to clients the purpose of ongoing recording of anxiety
2. Teach clients how, what, and when to record anxiety

**Module 6: Developing a Fear Hierarchy**

1. Recognize different forms of avoidant behavior
2. Explain to clients how avoidance maintains and exacerbates their anxiety
3. Explain how to develop a fear hierarchy

**Module 7: Teaching Clients Breathing Techniques**

1. Describe the mechanics of breathing and what it means to overbreathe
2. Teach clients diaphragmatic breathing as a skill to prevent overbreathing

**Module 8.1: Managing Anxious Thinking**

1. Explain the three steps of cognitive restructuring
2. Describe to clients the impact of thoughts on emotions
3. Teach clients how to examine and challenge their negative thinking

**Module 8.2: Managing Anxious Thinking**

1. Teach clients how to challenge catastrophic thoughts
2. Describe the thought challenging process
3. Handle common obstacles encountered in thought challenging

**Module 9.1 Exposure Therapy: An Overview**

1. Explain the difference between cognitive restructuring and exposure therapy
2. Describe the goals and critical factors in exposure therapy
3. Explain the therapist's role in exposure therapy

**Module 9.2: Steps in Designing an Exposure Practice**

1. List the 7 steps in designing an exposure practice
2. Explain the process for identifying the client's their main fear in the situation
3. Describe ways of for clients to manage their fear an avoidance during exposure practice

	<p><b>Module 9.3: Exposure Therapy: An Overview</b></p> <ol style="list-style-type: none"> <li>1. Describe the 6 most common reasons client don't complete exposure assignments and how to handle them</li> <li>2. Explain the rationale for the frequency, timing and duration of exposure sessions</li> <li>3. List the most critical points for clients to learn from their exposure practice</li> </ol> <p><b>Module 9.4: Variations of Exposure Therapy</b></p> <ol style="list-style-type: none"> <li>1. Describe three variants of exposure: in session, imaginal and interoceptive exposure</li> <li>2. List the advantages of in-session exposure</li> <li>3. Describe the situations where imaginal exposure may be utilized</li> <li>4. List the main learning goal for clients when using interoceptive exposure</li> </ol> <p><b>Module 10: Principles of CBT</b></p> <ol style="list-style-type: none"> <li>1. Describe several types of thinking errors common in anxiety disorders</li> <li>2. Explain how principles of classical and operant conditioning apply to CBT</li> </ol> <p><b>Module 11: The Therapeutic Relationship in CBT</b></p> <ol style="list-style-type: none"> <li>1. Define the therapist's role in CBT</li> <li>2. Explain the nature of the therapeutic relationship in CBT</li> </ol> <p><b>Module 12: Enhancing Client Motivation</b></p> <ol style="list-style-type: none"> <li>1. Describe forms of patient resistance and how to respond appropriately</li> <li>2. Describe several techniques for resolving patient ambivalence and motivating clients</li> </ol>
Instructor/ Author Name and Biography	<p>Dr. Craske is Professor of Psychology, Psychiatry and Biobehavioral Sciences, and Director of the Anxiety Disorders Research Center, University of California, Los Angeles. She has published widely on the topics of fear and anxiety disorders, their etiology, assessment, and treatment. She has been the recipient of continuous NIMH funding since 1993 for research projects pertaining to risk factors for phobias, anxiety disorders, and depression; the translation of basic science of fear extinction to human phobias and mechanisms of exposure</p>

	<p>therapy; and the development and implementation of treatments for anxiety and related disorders. Dr. Craske was Associate Editor for the Journal of Abnormal Psychology and is currently Associate Editor for Behaviour Research and Therapy. She is a Scientific Board Member for the Anxiety Disorders Association of America and a member of the Anxiety Disorders Work Group for DSM-V.</p>
Course Agenda	<p><b>Module 1: Welcome &amp; Overview Video</b> A video introduction by Dr. Michelle Craske welcomes trainees to the course and provides an overview of course content and objectives.</p> <p><b>Module 2: Principles of CBT - Overview</b> The historical development of CBT; theoretical underpinnings of cognitive therapy, classical conditioning and operant conditioning, and how they apply to the development of and CBT treatment for anxiety disorders; the importance and nature of the therapeutic relationship in CBT, the roles of both the therapist and client, and how to enhance the therapeutic alliance</p> <p><b>Module 3: Teaching Clients About the Nature of Anxiety</b> Teaching clients the nature and purpose of anxiety, the function of somatic symptoms (e.g., heart rate, blood flow, breathing, increased sweating, etc.) and the role of thinking in the etiology of anxiety and anxiety disorders</p> <p><b>Module 4: Explaining Treatment Rationale to Clients</b> Explaining the treatment rationale to clients; providing clients with a basic understanding of the principles of CBT; the importance of clients' understandings of these principles in facilitating successful treatment</p> <p><b>Module 5: Teaching Patients Self-Assessment Skills</b> Teaching clients the purpose of ongoing recording and how, what, and when to record; maintaining an anxiety diary</p> <p><b>Module 6: Helping Clients Develop a Fear Hierarchy</b> Teaching clients the rationale for confronting fears, the role of avoidance in maintaining anxiety, and step-by-step guidance for creating a fear hierarchy</p> <p><b>Module 7: Teaching Clients Breathing Techniques</b> The physiology and mechanics of normal breathing; the physiology and mechanics of anxious breathing, the physiological changes associated with over-breathing and the physical symptoms that over-breathing causes; the importance of breath control, and its use as a therapeutic intervention in CBT; steps for teaching diaphragmatic breathing to clients; troubleshooting and assigning practice</p> <p><b>Module 8: Managing Anxious Thinking (Cognitive Restructuring):</b></p>

**Part 1:** Teaching clients the impact of thoughts on emotions and behaviors and their reciprocal relationship; types of thinking errors associated with anxiety disorders; teaching clients how to examine their thoughts and identify their underlying fears; using the 'downward arrow' technique to help clients identify their root fears; keeping a thought diary

**Part 2:** Teaching clients how to challenge their negative thinking; use of challenge questions, examining the evidence, evaluating the odds, decatastrophizing, and generating alternative explanations; troubleshooting; issues and concerns encountered by patients in cognitive restructuring and how to handle them; the role of the therapist in cognitive restructuring **Sample:**

**Module 9: Exposure Therapy**

**Part 1:** The goals and critical factors in exposure therapy, the therapist's role in exposure practice; preparing the client for exposure therapy; seven steps in designing exposure practice; choosing goals from the fear hierarchy; identifying underlying thoughts and hypotheses to be tested; establishing the most effective conditions for successful exposure; deciding on rate and degree of exposure; length, frequency, and timing of exposure sessions: thought challenging the main worry prior to exposure; managing anxiety during exposure practice; forms of avoidance during exposure practice; planning ways of managing avoidance

**Part 2:** Reviewing results of exposure sessions and evaluating what was learned; reviewing cognitions during exposure, and thought challenging them in order to learn from the experience; troubleshooting potential issues, including non-completion of any exercise, escape during exposure, clients anxiety level remaining high after many repetitions, client becoming discouraged due to fluctuation in performance; dealing with clients' negative thinking about their performance; variations of exposure therapy (in session exposure, imaginal exposure, interoceptive exposure).

**Module 10: Principles of CBT:**

A more in-depth review of the theoretical underpinnings of cognitive therapy, classical conditioning, and operant conditioning

**Module 11: The Therapeutic Relationship in CBT:**

The nature of the therapeutic relationship in CBT, and the roles of both the therapist and client

**Module 12: Enhancing Client Motivation:**

How to motivate clients with anxiety disorders using techniques from motivational interviewing, including exploring ambivalence,



	developing discrepancy, dealing with resistance, and enhancing self-efficacy
Course Fees	The cost of the course is \$99.
Registration Info	Register online at <a href="http://www.telepsychology.net/CBT_CourseOverview.aspx">http://www.telepsychology.net/CBT_CourseOverview.aspx</a>
Contact Information for questions/grievances	Contact Dr. Kenneth Kobak at <a href="mailto:kkobak@telepsychology.net">kkobak@telepsychology.net</a> for questions about course content; contact Bonnie Kobak, CSW for grievances @ <a href="mailto:bonakob@aol.com">bonakob@aol.com</a>
Info for ADA accommodations	Contact Dr. Kenneth Kobak at <a href="mailto:kkobak@telepsychology.net">kkobak@telepsychology.net</a> for information about ADA accommodations
Cancellation and Refund Information	A full refund will be provided if you are dissatisfied with this course for any reason.
System Requirements	<p><b>Operating Systems:</b> Windows 7 or higher, MacOS X or higher, Android 10.0 or higher</p> <p><b>Internet Browser:</b> Internet Explorer 9.0 or higher, Google Chrome, Firefox 10.0 or higher</p> <p><b>Broadband Internet connection:</b> Cable, High-speed DSL &amp; any other medium that is internet accessible.</p> <p><b>Hardware:</b> Course is available on computer, tablet or mobile phone</p>
Date course was originally created or last updated	Course developed in 2014, last updated in 2024
Course Completion Requirements	In order to receive CE credit, participants must complete the entire course, pass all exams at the end of each module, and complete a course evaluation.
Posttest Requirements and retest policy	Participants must pass the posttest with 80% in 3 attempts to be eligible for CE credit.
When and how certificate will be issued	Upon completion of course requirements, participants can download a pdf of the certificate from the main menu on the website
ACE Provider approval statement	Center for Telepsychology, provider # 2595, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 07/31/2025– 07/31/2026. Social workers completing this course receive 9.5 clinical continuing education credits
Other jurisdictional approvals	The Center for Telepsychology (CTP) is recognized by the New York State Education Department's the State Board of Social Work as an

