



Online eLearning Webinar Series

Cognitive-Behavioral Therapy (CBT): Fundamental Strategies and Tactics

Program Summary

Resources are limited and incarceration costs are mounting. Leadership, now more than ever, must do everything it can to adopt evidence supported and data driven practices to ensure success and get results.

The goal of this course is to enhance the efficacy of judicial workers in preventing recidivism and relapse and promoting prosocial and responsible behavior in their judicial clients. A cognitive-behavioral approach is the primary foundational model for criminal conduct and substance abuse treatment. This program is designed to support the work of correctional treatment and reform of patients. The course will take individual looks at Behavioral and Cognitive components as well as review the merger of the two.

**** Earn up to 4 CE Hours**

Date: Please view session dates and Times online

Location: On Your PC

Program Goals and Learning Outcomes:

Participants will be in a position to integrate concepts and skills of CBT into a model that provides a map for guiding judicial clients through the process of cognitive and behavioral change with a goal of preventing relapse and recidivism. They will learn key components of CBT and identify/describe core cognitive structures that are the focus of CBT.

They will also be in a position to identify/describe core processes of CBT, vehicles and dynamics through which cognitive structures are expressed that define the action focus of CBT, understand pathways to relapse, the process of recidivism and how to prevent them and be in a position to help clients develop a relapse prevention plan. Following outlines the programs content;

- Approaches To Criminal Conduct And Substance Abuse Intervention: What Works?
- Core Intervention Strategies For Effective Offender Supervision

Cognitive-Behavioral (CB) Approach To Intervention And Change

- Underlying principles of CB approach
- Pathways to reinforcement
- Two traditional CB approaches
- Social and Community Responsibility Therapy (SCRT)
- Cognitive structures as targets for change
- Cognitive-behavioral map for change
- Inmate Population Management
- Therapists & Substance Abuse Counselors

contd >>

"The webinar interactive system was easy to use. Joyfields staff were very attentive, professional, and well-organized. The presenter was clearly very knowledgeable and professional. A positive experience.."

Fundamentals of Cognitive-Behavioral Approaches: Evidence Based Models for Facilitating Change In Judicial Clients

Program Goals and Learning Outcomes (contd)

Approaches To Correctional Intervention

- CB assumptions underlying criminal conduct and the change process
- Targets for change in correctional intervention
- Criminal thinking and conduct cycle

The Paradigm Shift In Correctional Intervention

- The antisocial personality pattern: Basis for understanding criminal conduct
- Social and Community Responsibility Skills Training
- Shifting the empathy paradigm

Integrating The Correctional And Therapeutic Supervision

- Relationship between criminal conduct and substance abuse
- Differences between correctional and substance abuse treatment
- Integrating through the judicial supervisor's "two hats"
- Participants Assignment

Facilitating Change Through Assessment

- What assessment is and its objectives
- The importance of self-report data
- The convergent validation perspective

Maximizing Change Through Interactive Skill Development In Judicial Supervision

- Utilizing the CB Map in supervision
- Utilization of change skills – Role playing, role reversal, doubling, actiongrams, etc.
- Closing Discussion

Fundamentals of Cognitive-Behavioral Approaches: Evidence Based Models for Facilitating Change In Judicial Clients

Workshop Leader *

Dr. Kenneth W. Wanberg, Th.D., Ph.D.

Clinical Psychologist, Center for Addictions Research & Evaluations

Kenneth W. Wanberg, Th.D., Ph.D. has academic concentrations in clinical psychology, psychology of religion, pastoral counseling, psychometrics and quantitative analysis, interpersonal communication and the psychology of spoken language. His undergraduate work was in biology and mathematics. He worked as a counselor and clinical psychologist with the Alcoholism Division at the Fort Logan Mental Health Center for 15 years, as a clinical psychologist with the Division of Youth Corrections, State of Colorado, for 17 years, and in private practice as a clinical psychologist 36 years. He has worked as a clinician and researcher in the alcohol and drug abuse field for over 46 years and as a clinician and researcher in the field of criminal conduct and substance abuse for the past 25 years. He is also an ordained minister in the United Methodist Church.

Dr. Wanberg has been author, principal investigator and project evaluator of a number of federal research and demonstration projects, including: principal investigator of a six-year NIAAA research project focusing on identifying and relating alcoholism dimensions to therapy and outcome and author and principal investigator; and a three-year NIAAA funded applied training program for alcoholism counselors; co-author and research director of an Extended Residential Treatment Program for Alcoholism, funded by NIMH Hospital Improvement Programs. He was senior author of a NIDA funded Early Detection and Intervention of Alcohol and Drug Problems Project that helped established a network of alcohol-drug treatment programs in Metro Denver. He was also co-author and site principal investigator for a three year CSAT funded project that provided substance abuse treatment to Denver's public housing communities, project evaluator for a three year CSAP project for at-risk youth, and a seven year Office of Justice Programs funded Residential Substance Abuse Treatment (RSAT) program for committed juvenile offenders.

Dr. Wanberg has served as a consultant to the Colorado Alcohol and Drug Abuse Division, numerous community mental health or substance abuse agencies, and an adjunct or visiting faculty member of several colleges and universities. He is the author of the Colorado Alcoholism and Drug Abuse Basic Counseling Skills manual, has published numerous scholarly articles, and is the author or co-author of several widely used alcohol and drug use assessment instruments.

He is co-author with Dr. Harvey Milkman of the 1st and 2nd second editions of Criminal Conduct and Substance Abuse: Strategies for Self-Improvement and Change (Sage Publications), a treatment manual for offenders with a history of substance abuse; and co-author with Drs Milkman and Timken of Driving with Care: Education and Treatment of the Impaired Driving Offender - Strategies for Responsible Living and Change and the three participant workbooks that go along with this work (Sage Publications). He is also co-author with Dr. Milkman of Pathways to Self-Discovery and Change: Criminal Conduct and Substance Abuse Treatment for At-Risk Teens (Sage Publications) and co-author with Dr. Milkman and Ms. Gagliardi of Women in Corrections: Adjunct Provider's Guide to Criminal Conduct and Substance Abuse Treatment (Sage Publications).

His research focus has been in the area of identifying different patterns and dimensions of substance use and addictive behaviors in adolescence and adult clinical and offender populations and, building on this research, developing a number of assessment instruments for individuals with substance abuse problems and a history of criminal conduct. He is a licensed clinical psychologist and just recently retired from private practice after 50 years of clinical work.

He is currently director of the Center for Addictions Research and Evaluation - CARE, and is a consultant and trainer with a number of juvenile and adult criminal justice public and private agencies and jurisdictions.

Most important, he cherishes his wife, two sons and nine grandchildren, all of whom provide him with the true joy of living.'

** Agenda & experts subject to change without notice*

Co-Occurring Disorders: Evidence Based Integrated Client Management Approaches

CERTIFICATE COURSE

Upon completion of the course, participants will earn CE Hours plus documentation of training hours as evidence of accomplishment and status as a practitioner who has acquired specific new skills. Your document is delivered upon completion of the course.

WHO SHOULD ATTEND

Adult and Youth Human Services Case Management Teams, Supervisors and Managers
Probation Officers, Supervisors and Managers
Behavioral Healthcare and Substance Abuse Professionals
Psychologists, Psychiatrists and Therapists
Resident populations managers
Pastoral counselors
DWI Court Administrators
Social Workers & Substance Abuse Counselors
Researchers & Planners
Mental Health and Prevention Center Professionals
Community Services Organizations, Services Providers
Program Directors and Executives
Government Agencies
Pre-Release Specialists
Clinical Directors and Staff
Disability Management Professionals
Trainers
Safety Officers
Nurse Care Professionals
Workforce Specialists

I was very impressed with the depth of knowledge the facilitators possessed about evidenced based best-practices in the industry. However, it wasn't an over-your -head kind of dissemination . . . very practical.

"Loved the webinar format! Great technology and ability to limit travel time, time away from family, etc. and still get great training."

"Personally I felt for the first time that this program was developed for the work that I do."

"I was very impressed with the depth of knowledge the facilitators possessed about evidenced based best-practices in the industry. However, it wasn't an over-your -head kind of dissemination . . . very practical."

Joyfields Institute for Professional Development

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Set-up:	\$100 (Waived for a limited time only)	\$ <u>0</u>
Single Attendee:	___ X \$195 (Limited time offer. Reg. \$295)	\$ _____
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10 + Participants:	___ X \$100 ea (Limited time offer. Reg. \$295)	\$ _____

*** CEU CERTIFICATE AND DOCUMENTATION ISSUED**

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Teams Per Location: ___ X \$395 ea (Limited time offer. Reg. \$695) \$ _____

**** UP TO 20 PARTICIPANTS PER LOCATION/TEAM
CERTIFICATES/DOCUMENTATION NOT ISSUED.**

**** Participants will receive webinar access details when registration is processed.]**

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