



## 2026 CBT COMPREHENSIVE - LEARNING OBJECTIVES

- List scope of mental health issues in a post-pandemic world.
- Define CBT.
- Describe CBT history, theory and how it differs from other psychotherapies.
- Describe evidence base of CBT.
- Describe goals, objectives, and processes of CBT.
- Explain the structure of a CBT session.
- Utilize cognitive and behavioral strategies using lectures, videos, discussions, and demonstrations.
- Practice cognitive and behavioral strategies using role plays to treat stress, worry, general anxiety, rumination, panic, agoraphobia, social anxiety, depression, OCD, trauma, selective mutism, oppositional defiant disorder, and relationship problems.
- Demonstrate application of skills in cognitive and behavioral therapies.
- Identify, label, and assess symptoms.
- Practice cross-sectional and longitudinal CBT sessions case conceptualization skill to understand and decrease problem behaviors.
- Define behavioral targets with precision based on values and goals.
- Measure treatment outcomes.
- Produce treatment plans and guide therapeutic interventions using CBT case conceptualizations.
- Explain cognitive models, assumptions, processes, and treatments.
- Define cognitive distortions.
- Manage dysfunctional cognitions using cognitive restructuring and cognitive delusion.
- Provide rationale for exposure and response prevention.
- Assess fears and create exposure hierarchy.
- Conduct in-vivo, imaginal, simulated, and interoceptive exposures.
- Monitor and process exposure using cognitive processing, inhibitory learning, and behavioral experiments.
- Assess, create hierarchy, and prevent active avoidance.
- Define, explain rationale, and practice physiological strategies.
- Define, explain rationale and practice behavioral activation.
- Define, explain rationale and practice problem solving.
- Define, explain rationale and practice communication and social skills.
- Define, explain, and practice behavior modification and parent training.

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