

Cognitive Behavioral Therapy



Course Goals and Objectives

6 hours

As outlined by the Addiction Professionals Certification Board, Inc., at the end of this course the student will be able to:

1. Explain how a client's cognitions represent a synthesis of internal and external stimuli.
2. Identify the role of cognitions in the client's view of self, view of the world, and view of the past and the future.
3. Demonstrate how alterations in client cognitions affect the client's affective state and patterns of behavior.
4. Apply cognitive behavioral theory and techniques to the treatment of substance abuse disorders