

COGNITIVE BEHAVIORAL THERAPY,
Participant AGENDA (Virtual Training) - DAY 1

- 8:00 am Introduction, Roll-Call & Overview of Training-
- 8:15 am CBT INTRO (ch 1); WHY CBT (ch 2); 9:00 am Break
- 9:10 am CRIMINAL CONTINUUM (ch3); REWARDS OF CRIM THINKING
- 10:00 am Break
- 10:10 am CBT BASICS (ch 4); ABC'S OF CBT
- 11:30 am Lunch
- 12:30 pm COGNITIVE RESTRUCTURING; BIG 5 (ch 5)
- 2:00 pm Break
- 2:10 pm COG RESTRUCTURING; THINKING REPORTS (ch 5)
- 2:40 pm break
- 2:50 pm THINKING REPORT CONT
- 4:00 pm Feedback & Wrap up

COGNITIVE BEHAVIORAL THERAPY,
Participant AGENDA (Virtual Training) - DAY 2

- 8:00 am DEBRIEF DAY 1/ CONT THINKING REPORTS
- 9:30am break
- 9:40 am COGNITIVE INTERVENTIONS (ch 10)
- 10:00am break
- 10:10am COGNITIVE INTERVENTIONS (ch 10)
- 11:00 pm MANAGING EMOTIONS (ch 7)
- 12:00 Lunch
- 1:00pm ASSERTIVENESS (ch 8)
- 2:00pm break
- 2:00pm PROBLEM SOLVING (ch 9)
- 2:50pm break
- 3:00pm STANDARDS/REQUIREMENTS (ch 12)
- 4:00 pm Wrap up, post-test, evaluation