

TCM: Cognitive Behavioral Therapy (CBT) Overview for Tailored Care Management

Thursday, May 16, 2024

9 am – 11 am (ET)

Live Webinar

Registration deadline: May 15, 2024, 12 pm



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Register TODAY at www.nwahec.org/73470

Program Overview and Objectives

Cognitive Behavioral Therapy (CBT) is one of the most frequently used evidence-based practices in behavioral health services and is a valuable treatment tool for helping individuals achieve their goals.

To optimize the effectiveness of CBT, it is important that all professionals in the healthcare team have adequate training in CBT in order to support the goals of treatment.

This workshop will expose care managers and other healthcare professionals to the key tenets and select skills of CBT, with the goals of helping them effectively support the work being done by licensed behavioral health professionals and equipping them with the vernacular of CBT.

Upon completion of this program, participants should be better able to:

- List at least two strategies for helping clients break patterns of avoidance and withdrawal.
- List the essential elements of effective problem solving.
- Describe the social skill repertoires necessary for effective community engagement and for coordinating health care with professionals.

Who Should Participate

This program is for primary care physicians, advanced practice providers, nurses, case managers, care managers, and other healthcare providers or administrators working in a primary care setting.

As part of our commitment to diversity and inclusion, the Northwest AHEC provides compassionate education and respectful care for all, regardless of socioeconomic status, race, ethnicity, language, nationality, sex, gender identity, sexual orientation, religion, geography, disability and age.

Faculty

R. Trent Codd, III, Ed.S. is a Diplomate, Fellow, and Certified Trainer/Consultant of the Academy of Cognitive and Behavioral Therapies. He is the author or co/author of several peer-reviewed publications and books, including *The Stoicism Workbook: How the Wisdom of Socrates Can Help You Build Resilience and Overcome Anything Life Throws at You*.

Provided by:

Northwest Area Health Education Center (AHEC), a program of Wake Forest University School of Medicine and a part of the North Carolina AHEC System. An approved program of the North Carolina Department of Health and Human Services, Division of Health Benefits.

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Credits

- 2.0 Contact Hours from Northwest AHEC
- The Wake Forest University School of Medicine designates this live activity for a maximum of 2.0 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
ACCREDITATION: The Wake Forest University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.
- 2.0 Nursing Contact Hours. Northwest Area Health Education Center (NWAHEC) is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Credit will be awarded based on participant selection at time of registration. Before selecting credits, please review our general [Credit Glossary](#), but note that not all programs offer all credits.

Cost and Registration

\$25—Registration fee

\$0—This course is offered free of charge to certified AMH+/CMA TCM providers who have passed readiness review with NCQA.

Sharing the discount code or TCM Web Portal with an unapproved agency can result in either agency being billed the stated amount for each course.

Registration fee includes instructional, administrative costs, certificate of completion and program materials.

By registering for this program, participants understand that their contact information may be shared with NC DHHS and the NC BD/IDD Tailored Plans (LME/MCOs) for this continuing education activity.

Register and pay online at www.nwahec.org/73470. Payment by credit card (Visa, MasterCard, Discover, and American Express) is accepted online. Personal check, corporate check, or money order is accepted by mail. Atrium Health Wake Forest Baptist internal transfer is also accepted online.

Payment Policy — Payment is required on or before entrance into any Northwest AHEC activity. If a corporate payment has not been received prior to the activity start date, you will be required to provide a personal credit card or check. If and when the corporate payment is received, Northwest AHEC will issue a full refund based on your original form of payment. To avoid personal payment, you should check with the financial staff at your organization to determine status of payment.

Refund Policy — Cancellations received in our office at least two weeks (14 business days) before the activity will receive a 100 percent refund. Registrants cancelling between two weeks and five full business days prior to the first day of the event will be refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee. The registration fee will not be refunded if a cancellation is received less than five days before the activity. Cancellations must be in writing (email). You may send a substitute in your place.

Note — Attendance at this activity grants permission for Northwest AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify a Northwest AHEC staff member if you have concerns.

When planning for an educational activity, registration fees are not based on credit hours or agenda. Registration fees are based on expenses such as meeting room rentals, food, equipment, staff, etc., and are not adjusted by issues such as cancellation of speakers or other unforeseen circumstances. Every effort will be given to ensure the activity is a success.

For More Information or Assistance

For questions and special needs: We want to ensure that all participants can benefit from our program. If you need auxiliary aids or special services to attend this program, please contact Amanda Pearson at least five business days prior to the program at awpearso@wakehealth.edu or 336-713-7715.

By registering for this activity, your name and email address may be shared with the partners of this continuing education activity.