



Georgia Department of Behavioral Health & Developmental Disabilities
Frank E. Shelp, M.D., M.P.H., Commissioner

Division of Mental Health

Two Peachtree Street, NW • Suite 23.415 • Atlanta, Georgia, 30303-3142 • 404-657-2273

TRAINING ANNOUNCEMENT

Date/Time:

**Monday – Tuesday
August 6 - 7, 2012**

or

**Monday – Tuesday
August 9 – 10, 2012**

**9:00am– 4:30pm
Sign-in begins at 8:30am**

Thomasville, GA
Southwestern State Hospital
(Classroom 2)
400 South Pinetree Blvd
Thomasville, Georgia 31799

**Registration Deadline:
August 1, 2012**

Register Online at:

<http://www.cviog.uga.edu/dbhdd/>

Intended Audience:

The intended participants have been pre-selected prior to the training.

Cost:

While there is no fee for this meeting participants are responsible for their own travel, meals, snacks and lodging arrangements.

**BECK TRAINING INITIATIVE:
COGNITIVE BEHAVIOR THERAPY TRAINING**

The Department of Behavioral Health and Developmental Disabilities and the Aaron T. Beck Psychopathology Research Center of the University of Pennsylvania (PENN) is pleased to offer training and professional development opportunities for those that were pre-selected prior to the training. The identified persons will have the opportunity to attend intensive workshops and consultations while obtaining the necessary tools needed to assist individuals in recovery while assisting them to integrate back into the communities as well as increasing their quality of life.

Overview

Cognitive Therapy is based on the cognitive model, which proposes that dysfunctional (inaccurate or unhelpful) thinking is common to all psychological disturbances. Treatment is based on a cognitive conceptualization of or understanding of the individual's thoughts or beliefs. The cognitive therapist seeks to collaboratively produce change in the client's thinking and belief system, with the aim of bringing about enduring emotional and behavioral change.

The goals of this training are to:

- Promote recovery and increased quality of life for individuals served by DBHDD;
- Establish Cognitive Behavior Therapy as a standard practice of care for people;
- Promote the sustained implementation of Cognitive Behavior Therapy;
- Improve the professional lives of therapists within DBHDD;
- Conduct program evaluations to examine outcomes such as client attrition, service use, recidivism, therapist turnover, and the sustainability of high-quality cognitive therapy in DBHDD settings;
- Utilize the evidence-based practice of cognitive therapy in the Department's dedication to moving toward recovery-oriented care; and,
- Serve as a model for other large mental health systems.

Training Details:

This two day session is offered twice to allow all of the pre-selected individuals an opportunity to attend ONE of the two day sessions. Please register for one session only.

If you have any questions contact Jennifer
Dunn at <mailto:jwdunn@dhr.state.ga.us> or
Chiyana Reaves at
RegistrationMHDDAD@dhr.state.ga.us