Foundations in Behavioral Health Training Series
Cognitive Behavioral Strategies for Implementing EBPs

REGISTRATION FORM
Check in: 9:00a – 9:30a
Training: 9:30a – 4:00p

Date: Monday, September 18, 2017
Location: Legacy Treatment Services
1289 Rt. 38 West
Hainesport, NJ 08036

FEATURED SPEAKER:
Thomas Etts, MSW, LCSW, LCADC (Master of Social Work) has been working in the mental health field since 1995. He has worked intensively as a primary therapist with people experiencing mental illness and substance use disorders in both inpatient and outpatient settings. He has worked with individuals addicted to opiates on methadone maintenance that were diagnosed with HIV and AIDS. Mr. Etts has also worked for UMDNJ-University Correctional HealthCare as a mental health clinician for incarcerated adults and juveniles. He received his MSW from Fordham University with a clinical tract and specialization in substance abuse. Mr. Etts is a lecturer at Rutgers University School of Social Work, specializing in Understanding Addictive Behaviors, Assessing and Treating Addictive Behaviors, and Psycho-pathology courses. Currently, he is a full-time trainer and consultant with Rutgers University Behavioral Health Care Technical Assistance Center, where he is training and collaborating with other professionals on implementing Integrated Dual Diagnosis Treatment. Finally, Mr. Etts has a private psycho-therapy practice and sees individual clients, couples, and families on a range of mental health and addiction issues.

Course Objectives
1. Identify at least two core components of cognitive behavioral (CB) strategies.
2. Demonstrate at least two basic applications of CB techniques that support behavioral change.
3. Identify at least two ways cognitive restructuring can be utilized to influence emotions and behaviors.
4. Evaluate the application of at least two CB interventions for special populations, cultural differences, and cognitive challenges.
Cognitive Behavioral Strategies for Implementing EBPs

Registration Guidelines:
1. Click the registration link which corresponds to the training date and location you wish to attend on page one of this flyer.
2. Scroll to the bottom of the page and click on the “Register/Sign In Now” button that brings you to the “Your Account” page.
3. If you already have an account with the Rutgers University’s Online Registration System, you can login by going to the “Already have an account?” section and type in your username and password. If you do not remember your username, click on “Forgot Username” and type in your email address to receive an email with the information. If you don’t remember your password, click on “Forgot Password” and type in your email address and user name to receive an email with a link you will need to click on to change your password.
4. If you do not have an account, please go to the “New Students” section and create one by clicking on the “Create Account” button. Once on the “Registrant Profile” page, fill in all items that have a red asterisk, as well as “Affiliated Company/Employer” information. TAC requests that the agency name, address, phone number and mobile phone number are provided so that you can be reached should the training need to be cancelled, rescheduled or relocated for any reason. Please make sure your email address is correct and do not remove the checkmark next to “Email” on this page, as this is how you will receive notification of confirmation or waitlist status once the registration is completed.
5. At the bottom of the “Registrant Profile” page, please create your username and password. Remember to write both down for safekeeping since the TAC will not be able to retrieve your password if forgotten. You will use this username and password for all future trainings. After your account is created, hit the “Submit” button and from there, you can continue the registration process.
6. Please print out the confirmation form, which will be emailed to you, and bring it with you to the class.

If you have difficulty registering, please use either Internet Explorer or Safari. The registration software occasionally has conflicts with Firefox and Chrome. If registering via mobile device, click on “Full Version” to access the registration page. It may help to print out or have available the name of the course that interests you so that you can easily use the web site’s search functions.

Additional Information

- **Cancellation Policy:** If you have registered but cannot attend this program, please call so that we can offer your seat to an individual on the waiting list. In case of inclement weather, please call 732.235.9290 beginning at 8 a.m. on the scheduled training day for a recorded informational message about the status of the training.
- **Special Needs:** If you have a special needs (ADA) and wish to discuss possible provisions, please contact Technical Assistance Center at 732-235-9290.
- **Be sure to bring a sweater or jacket to accommodate for room temperature variations at all sites.**
- **Fee:** Registration for course is free.
- **Food:** There will be no food provided.
- **Delivery Format:** Live Training Program
- **Target Audience:** Case Managers, Social Workers, and Counselors
- **Program Goal:** To enhance knowledge of cognitive-behavioral strategies for behavioral health in order to improve service delivery and quality of care.

All individuals who affect the content of continuing education activities are required to disclose to the audience any real or apparent conflict of interest related to the activity. The activity faculty are further required to disclose discussion of off-label/investigational uses in their presentations. These disclosures will be made to the audience at the time of the activity. There is no commercial support for this activity.
## Agenda

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Presenter(s)</th>
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<tbody>
<tr>
<td>9:00am-9:30am</td>
<td>Registration</td>
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<tr>
<td>9:30a–11:00a</td>
<td>Explain and demonstrate basic cognitive behavioral strategies; elements of conditioning and learning, shaping, modeling, and role play. Role plays and vignettes will be used to demonstrate these strategies.</td>
<td>Tom Etts, MSW, LCSW, LCADC</td>
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<td>11:00a – 11:15a</td>
<td>Break</td>
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<td>11:15a – 12:30p</td>
<td>Demonstrate basic application of cognitive behavioral strategies and techniques to cope with delusions and hallucinations, and alleviate depression, anxiety and stress. Utilize role play, vignette and group exercises to familiarize group with these cognitive behavioral interventions.</td>
<td>Tom Etts, MSW, LCSW, LCADC</td>
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<td>12:30p-1:30p</td>
<td>Lunch (On your own)</td>
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<tr>
<td>1:30p-2:00p</td>
<td>Demonstrate basic application of cognitive behavioral strategies and techniques to cope with delusions and hallucinations, and alleviate depression, anxiety and stress. Utilize role play, vignette and group exercises to familiarize group with these cognitive behavioral interventions.</td>
<td>Tom Etts, MSW, LCSW, LCADC</td>
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<td>2:00p-2:45p</td>
<td>Describe how cognitive restructuring can help clients reach their identified goals. Utilize role play, vignettes, and group exercises to familiarize group with cognitive behavioral tools and techniques.</td>
<td>Tom Etts, MSW, LCSW, LCADC</td>
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<td>2:45p – 3:00p</td>
<td>Break</td>
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<td>3:00p - 3:55p</td>
<td>Discuss the application of cognitive behavioral interventions for special needs, cultural differences, and cognitive challenges. Demonstrate the strategic application of cognitive behavioral tools and strategies to address these areas. Utilize role play to practice their application.</td>
<td>Tom Etts, MSW, LCSW, LCADC</td>
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<td>3:55p – 4:00p</td>
<td>Evaluations</td>
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### Professional Contact Hours Provided

(Certificate Fee: $20 - Do not send payment with registration)

- **Continuing Education Credit Request Form available at the program.**
- Please note that participants may not be eligible for continuing education credits if they are not on time and present for the entire session.
- Participants must sign in.
- Participants must submit a completed evaluation form at the end of the program.
- Partial credits will not be issued to participants arriving late or leaving early.
- Complete, Sign and Submit a "Continuing Education Credit Request Form".

**Social Workers (The New Jersey Board of Social Work Examiners):** This program is approved for social work continuing education hours by Rutgers University Behavioral Health Care in accordance with New Jersey administrative code 13:44G-6.4 and recognized by The New Jersey Board of Social Work Examiners. This program is approved for 6.0 general continuing education hours.

**Certified Counselors:** Rutgers University Behavioral Health Care has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6198. Programs that do not qualify for NBCC credit are clearly identified. Rutgers University Behavioral Health Care is solely responsible for all aspects of the program. (5 Clock Hours).

**Certified Alcohol and Drug Counselors:** This course will count for 5 recertification credits Addiction Professionals Certification Board Inc., Approval number for this course is #200091817REC5

**Certified Recovery Support Practitioner:** This course will count for 5 recertification credits towards Certified Recovery Support Practitioner by the Certification Board of NJ, Inc., Approval #200091817REC5

If a participant or potential participant would like to express a concern about his/her experience with Rutgers University Behavioral Health Care, he/she may call or e-mail Ravi Maharajh, LPC, ACS (732) 235-9348, ravi.maharajh@rutgers.edu

Although we do not guarantee a particular outcome, the individual can expect us to consider the concern, make any necessary decision and respond within 5 business days.

*The UBHC TAC gratefully acknowledges the sponsorship of this program by the New Jersey Division of Mental Health and Addiction Services.*

*Training is for NJ Division of Mental Health and Addiction Services funded programs only.*
PLEASE BE SAFE AND ALLOW ADEQUATE TRAVEL TIME. TRAFFIC IS VERY HEAVY ALONG ALL MAJOR ROADS IN THIS AREA ESPECIALLY DURING RUSH HOUR.

Directions to:
Legacy Treatment Services
(formerly The Drenk Center)
1289 Rt. 38 West, Hainesport, NJ 08036
609.288.3109

From the New Jersey Turnpike:
- Take exit 5 toward Burlington/Mount Holly
- Turn right onto Burlington-Mount Holly Rd/County Rd 541 S/Mt Holly Rd
- Continue to follow County Rd 541 S for about 1.7 miles
- Turn right onto County Rd 541 S/Mt Holly
- After about 2 miles, Turn right onto NJ-38 W
- Drive about 2.5 miles on Route 38. Drenk Center will be on the right

From Route 295:
- Take 295 North to Exit 40A- Rt. 38 East/Mt. Holly
- After Ark Road, go through the first traffic light at Fostertown-Masonville Road, stay in right lane
- Before the light at Hainesport-Mt. Laurel Road, take the jug handle and get to the other side of Rt. 38 West

Landmark: You will pass Wawa on your right, and make right into the Legacy Treatment Services driveway.

We recommend that you confirm directions before driving.
Online map services and GPS can sometimes provide inaccurate information.