

On-Line Pre-Training - MET CBT (5) Instructions

I. Pre-training course documents: (attached in the email)

Participants will need to send in their completed pre-training questions prior to attending. We will send out a list of which signed up participants have completed their pre training questions.

Participants should:

1. Download CYT manual one. (see below for weblink)
2. Familiarize yourself with the manual & session handouts.
3. Read introduction sections in CYT manual one [pages - 9-31 & 53 -60](#).
4. Read the power point for Pre-training.
5. Answer all the Pre-training questions.
6. Submit answers by email to trainer (example: win@metcbtplus.com)

Must download: unless you already have hardcopies:

The Motivational Enhancement Therapy and Cognitive Behavioral Therapy for Adolescent Cannabis Users: 5 Sessions, Volume 1 (158 pages). NCADI number BKD384.

<http://www.kap.samhsa.gov/products/manuals/cyt/pdfs/cyt1.pdf>

Additional Volumes: Not needed for the training but helpful.

2. *The Motivational Enhancement Therapy and Cognitive Behavioral Therapy Supplement: 7 Sessions of Cognitive Behavioral Therapy for Adolescent Cannabis Users, Volume 2* (162 pages). NCADI number BKD385.
3. *Family Support Network for Adolescent Cannabis Users, Volume 3* (148 pages). NCADI number BKD386.

To order copies of these manuals (if still in stock) , contact SAMHSA's National Clearinghouse for Alcohol and Drug Information (NCADI) at P.O. Box 2345, Rockville, MD 20847-2345. Telephone: 1 (800) 729-6686 (English and Spanish) or 1 (800) 487-4889 (TDD). Note the [NCADI](#) order number. To order online, go to www.ncadi.samhsa.gov.