

Evidenced Based Practices for Adolescents and Transitional Aged Youth Motivational Enhancement Therapy & Cognitive Behavioral Therapy

Day One

8:30 a.m. - 9:00 a.m.

9:00 a.m. - 10:15 a.m.

10:15 a.m. - 10:30 a.m.

10:30 a.m. - 11:30 a.m.

11:30 a.m. - 12:00 p.m.

12:00 p.m. - 1:00 p.m.

1:00 p.m. - 3:00 p.m.

3:00 p.m. - 3:15 p.m.

3:15 p.m. - 4:30pm

Registration

Welcome, Introductions and Building Rapport

Review of Pre-Training, Background and MET CBT as a structured Intervention

Break

Orientation to Basic Motivational Interviewing Skills

MET sessions (Watch video and listen to audio clips)

Rationales

Feedback Discussions

Collaborative Goal Setting

Practice Basic MI skills

Lunch on own

MET Sessions

Practice Delivery

MET Session I & II

Questions

Break

CBT Theory

CBT Session Activities: (watch video and listen to audio clips Functional

Analysis - Knowledge is Power)

Practice

Questions

Day Two –

8:00 a.m. - 8:30 a.m.

8:30 a.m. - 9:30 a.m.

9:30 a.m. - 10:30 a.m.

10:30 a.m. - 10:45 a.m.

10:45 a.m. - 12:00 p.m.

12:00 p.m. – 1:00 p.m.

1:00 p.m. - 2:15 p.m.

2:15 p.m. - 2:30 p.m.

2:30 p.m. – 4:00 p.m.

Registration

Review: *MI and MET Session I & 2*

CBT Activities

Knowledge is Power

CBT Session One: Assertive Communication/Refusal

CBT Session One (watch video and listen to audio clips)

Practice

Break

CBT Session Two

Social Support Networks

Replacement Activities

(Watch video and listen to audio clips)

Lunch on own

Practice CBT Session Three

Problem Solving

Relapse Prevention Plans

(Watch video and listen to audio clips)

Practice

Break

CBT Sessions Practice

Certification/Supervision

Questions & Adjourn