

CBTs-SS Informative document

Welcome to the Cognitive and Behavioral Therapies in School Settings (CBTs-SS) program—a 5-month transformative journey designed for weekly meetings. This program places a primary focus on the practical implementation of cognitive and behavioral therapies within school settings. The ultimate goal is to empower participants to create a comprehensive counseling program tailored for a specific population, integrating various therapeutic approaches.

Weekly Meetings:

- Introduction to Therapies: A foundational session providing an overview of cognitive and behavioral therapies.
- Cognitive Strategies: Exploring cognitive strategies applicable in school settings.
- Behavioral Strategies: Practical application of behavioral strategies within the school context.
- ACT in Schools: Implementing Acceptance and Commitment Therapy techniques tailored for schools.
- SFBT in Schools: Integrating Solution-Focused Brief Therapy into the school counseling framework.
- MI in Schools: Applying Motivational Interviewing techniques within educational settings.
- CFT in Schools: Incorporating Compassion-Focused Therapy to enhance the school counseling program.
- MBCT in Schools: Exploring Mindfulness-Based Cognitive Therapy and its relevance in schools.
- DBT in Schools: Implementing Dialectical Behavior Therapy strategies to address specific challenges.
- Strategies for Teachers: Equipping educators with effective therapeutic strategies for student support.
- Strategies for Families: Integrating families into the therapeutic process through practical strategies.
- Strategies for Groups: Creating and facilitating therapeutic groups within school settings.
- Application of Strategies for Different Populations: Tailoring therapeutic strategies for diverse student populations.
- Project Presentation: Participants will develop and present a counseling program integrating learned therapies for a specific school population.

Evaluation After Program:

The culmination of the program involves creating a comprehensive counseling program that incorporates the learned therapies for a specific target population within a school setting. Participants will present their projects, showcasing the practical application of cognitive and behavioral therapies. This evaluation process ensures that participants not only grasp the theoretical aspects but also gain the skills needed for real-world implementation.

This program is a unique opportunity to bridge theory and practice, empowering participants to make a tangible impact in school settings. Join us on this transformative journey as we explore the dynamic intersection of cognitive and behavioral therapies within the educational landscape, preparing you to create effective and tailored counseling programs for schools.

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