

ADVANCED APPLICATION AND PROFICIENCIES IN CBT FOR INTERDISCIPLINARY PROFESSIONALS AND TEAMS ECHO SERIES

September 2026 - June 2027

2nd Wednesday of each month | 10-11 AM | Virtual

PROGRAM SCHEDULE

September 9, 2026

Introduction to CBT

October 14, 2026

The Evaluation Process

November 11, 2026

Activity Scheduling & Action Plans

December 9, 2026

Treatment Planning, Structuring Sessions
& Problems in Structuring Sessions

January 13, 2027

Identifying Automatic Thoughts &
Integrating Mindfulness

February 10, 2027

Additional Techniques & Imagery

March 10, 2027

Termination, Relapse Prevention &
Problems in Therapy

April 14, 2027

Cultural Humility & CBT

May 12, 2027

Third Wave CBT

June 9, 2027

Integration into Practice

Designed for health care supervisors, administrators and clinical leaders, this ECHO series focuses on advanced CBT application across interdisciplinary teams.

WHAT YOU'LL GAIN

- Automatic thoughts – behavior mapping
- Behavioral strategies – activation, exposure and skills
- Cognitive restructuring – modifying thoughts
- Core beliefs – experiences shape schemas
- Real-world practice – case formulation and treatment planning

GOALS OF THE ILLINOIS BEHAVIORAL HEALTH WORKFORCE CENTER

- Expand behavioral health training and curriculum.
- Strengthen educational advancement across systems.
- Promote policy development with evidence.
- Strengthen pre-career programs and awareness.
- Address financial barriers to education and workforce entry.
- Support workforce retention and advancement.

ABOUT PROJECT ECHO

Project ECHO (Extension for Community Healthcare Outcomes) is an "All Teach, All Learn" tele-mentoring model where providers connect, share and grow together.



To register, scan QR code or visit
bit.ly/CBT-ECH02026

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For more information, email echo@siumed.edu.



FREE CONTINUING EDUCATION CREDITS AVAILABLE

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