

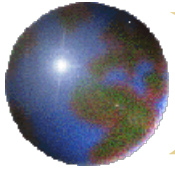
# *Implementing Successful Cognitive Behavioral Interventions*

## **A Primer for Practitioners**

*Presented by Dr. Barry Glick;  
G & G Consultants, LLC*

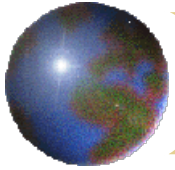
October 2017

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## *What to Expect...*

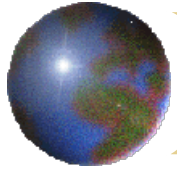
- ✪ **Brief History and Overview of Cognitive Behavior Interventions.**
- ✪ **Discussion of Practitioners**
- ✪ **General Implementation Principles**
- ✪ **Issues and Challenges**
  - ✚ **Policy Makers, Executives and Stakeholders**
  - ✚ **Direct Care Workers**
  - ✚ **Special Settings and Populations**



**Classical Definition: One who practices something; a person who regularly does an activity that requires skill or practice.**

**For our purposes:** *Any one who is actively involved with the delivery of Cognitive Behavior Interventions.* **To wit:** **Direct Care Workers in any system (teachers, correctional officers, aides, probation workers and parole officers, nurses, mental health providers, clinicians and therapists; community agency staff); Supervisors, Administrators; Policymakers; Stakeholders.**

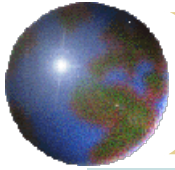
# ***PRACTITIONER: A WORKING DEFINITION***



# *Implementing Successful Cognitive Behavioral Interventions*

- ✚ Organize the idea
- ✚ Obtain Administrative Approval
- ✚ Set the Climate
- ✚ Identify and Select Staff

- ✚ Identify and Select Clients
- ✚ Motivate Staff and Clients
- ✚ Design Schedule
- ✚ Maintain the Program



# *Issues and Challenges:* *Policy Makers, Executives and Stakeholders*

## ⊕ Program Planning and Design

- ⊞ Differential Programming
- ⊞ Prescriptive Programming
- ⊞ Cost Benefit Analyses

## ⊕ Ingredients for Successful Program Planning and Design

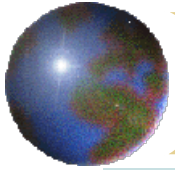
- ⊞ A Theoretical Framework
- ⊞ A Defined Target Population
- ⊞ Goals and Objectives
- ⊞ Behavioral Outcomes
- ⊞ Standards of Practice and Quality Assurance

## ⊕ Program Planning Network

- ⊞ Program Developer
- ⊞ Budget and Finance
- ⊞ Research and Program Evaluation
- ⊞ Quality Assurance
- ⊞ Clients

## ⊕ Staff Development and Training

- ⊞ Who to train; What to train;
- ⊞ Building Sustainability
- ⊞ Organizational Culture and Change



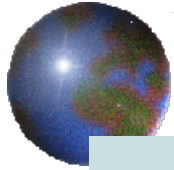
# Issues and Challenges: *Direct Care Workers*

## Required, Acquired Skill Sets

- Managing Group Process and Group Dynamics
- Understanding types of CBI's, their theoretical and philosophical underpinnings
- The role of client advocate
- Personal Ethics and courage:
  - Program integrity; fidelity
  - Role definition and distinction
- Peer supervision and consultation
- Managing the work environment

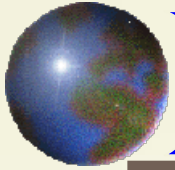
## CBI Applications

- Treating the Aggressive Client
- Treating the Anti-Social Client
- Treating the Disruptive Client
- Treating Cognitive Distortions
- Treating the Resistant Client
- Treating the Developmentally Delayed Client



# *Issues and Challenges:* *Special Settings and Populations*

- ⊕ School Based Cognitive Behavioral Programs
- ⊕ Community-Based Cognitive Behavioral Programs
- ⊕ Juvenile Justice Cognitive Behavioral Programs
- ⊕ CBI's for Women and Girls in the Justice System
- ⊕ CBI's for Sex Offenders
- ⊕ CBI's for Substance Abusers



# *Further Resources*

- ✦ Civic Research Institute will provide you with a \$30 (USD) discount when you purchase any of the three Cognitive Behavior Intervention Volumes on the following special website link:
- ✦ <https://www.civicrosearchinstitute.com/cby.html>
- ✦ <https://www.civicrosearchinstitute.com/icbi.html>
- ✦ At the Checkout phase enter the following promotional code: **ARTGANG**