To Apply

An application form for this program must be filled out online from our website at:

A current resume and statement of interest must be attached with the application.

Fees
The cost is $1,000. Reading materials are included in the costs. Discounts may not be combined.

Discounts
• 25% discount for NYU SSSW MSW/PhD graduates, NYU SSSW field instructors, and educational coordinators
• 15% discount for applicants who have already completed one NYU SSSW certificate program
• 50% discount for veterans

FOR MORE INFORMATION, CONTACT

Stephanie Kaplan, Assistant Director
t 212.998.5973  f 212.995.4497  e silver.continuingeducation@nyu.edu

New York University
Silver School of Social Work
1 Washington Square North, Room G08
New York, NY 10003-6654


NYU Silver School of Social Work is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers. Provider #0012

Program Director
Andrew B. Schmidt, PhD, LCSW-R
Program Description

The Post-Master’s Certificate in Advanced Cognitive Behavioral Therapy is a 13 session program taking place over one semester. The program begins with foundations of Cognitive Behavioral Therapy (CBT) approaches and quickly progresses to application of these techniques to issues commonly seen in clinical practice, including: Depression, Transdiagnostic Anxiety (Social Anxiety, Generalized Anxiety, Panic, etc.), Post Traumatic Stress Disorder, Obsessive Compulsive Disorder, and more. “Third wave” CBT approaches including Acceptance and Commitment Therapy (ACT) techniques are weaved into many of the sessions to enhance standard CBT practices. This program will teach practical hands-on clinical skills to help practitioners better help their clients.

All courses are taught by scholars/practitioners who are active in direct practice.

Topics include

- Cognitive-based therapy approaches
- Behavioral-based therapy approaches
- Cognitive restructuring
- Thought diaries, identifying cognitive disorders, and using Dysfunctional Thought Records
- Behavioral Activation
- Exposure Therapy
- Integrating Acceptance and Commitment Therapy (ACT) to enhance standard CBT practices

How long will it take me to complete the certificate?

One semester. Classes meet for 13 sessions over the course of one semester. Each session is two hours long, unless otherwise noted. Regular class attendance is required to obtain your certificate. Classes meet in the evenings.

Where can I find more information?

For program requirements, dates, times, and other detailed information, go to https://goo.gl/sROo4I or contact silver.continuingeducation@nyu.edu.

How many continuing education credits (CEs) will I earn?

13 CEs

Course of Study

Program includes

- Cognitive Therapy
- Behavioral Therapy
- Enhancing CBT with ACT
- Identifying treatment targets with MINI assessment

Applying CBT Skills to treat

- Depression
- Transdiagnostic Anxiety (including Social Anxiety, Generalized Anxiety, Panic, etc.)
- Post Traumatic Stress Disorders using Cognitive Processing Therapy
- Post Traumatic Stress Disorders using Prolonged Exposure
- Obsessive Compulsive Disorder using Exposure and Ritual Prevention
- Deficits in Assertiveness and Communication
- More

Teaching Approach

Sessions are very interactive and are taught with a variety of approaches including slides, handouts, worksheets, videos, case examples, role playing, experiential exercises, and facilitated discussion.

Handouts and worksheets are supplied throughout the program and participants are strongly encouraged to practice using them with their clients.

Program Goal

The goal of this program is to teach hands-on skills to therapists who can use what they learn to better help their clients and enhance their clinical skills with cognitive and behavioral based therapy techniques.

About the Faculty

The highly skilled faculty brings a combination of extensive experience in practice and research in varied mental health private practice settings, as well as experience in academic teaching.