

1. Fellowship Orientation

Fellowship Orientation consists of a six-hour review of the fundamentals of cognitive behavior therapy (including case conceptualizations, strategies, and techniques), along with an introduction to TeleCBT forms and charting.

Jan 4 - 5, 2022 9:30AM–12:30PM each day

2. CMCBT Classes

CMCBT classes are the 1st and 3rd Wednesday of each month from January, 2022 through August, 2022. Classes are from 12:00PM to 3:30PM each day.

*Jan 12, 2022	Jan 19, 2022
Feb 2, 2022	Feb 16, 2022
Mar 2, 2022	break
Apr 6, 2022	Apr 20, 2022
May 4, 2022	May 18, 2022
Jun 1, 2022	Jun 15, 2022
Jul 6, 2022	Jul 20, 2022
Aug 3, 2022	Aug 17, 2022

*Jan 12 is the second Wednesday

3. Mentoring Sessions

Mentoring Sessions (Medical CBT Rounds) are held almost every Friday morning from 8:00AM–9:00AM. *Medical CBT Fellows* recap highlights from the CMCBT Classes, discuss their challenging cases, delve into special topics, and learn to assess themselves using the *Cognitive Therapy Rating Scale*. Participation in a minimum of forty *Mentoring Sessions* is required.

4. Journal Club

Medical CBT Journal Club is held on the last Wednesday of the month from 8:00AM–9:00AM. Program Director Dr. Greg Dubord reviews key studies from the major psychological journals—including many related to COVID-19. Fellows are welcome to contribute reviews based on their individual interests. Participation in a minimum of ten sessions is required.