

## Training Schedule

Please note the dates and times (Eastern) below *before* providing your *Schedule of Availability*:

### 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.

**January 11-12, 2023** 9:30AM–12:30PM each day  
1:00PM–2:30PM App/tech training

### 2. CMCBT Classes

CMCBT classes are the 1st and 3rd Wednesday of each month from January 2023 through August 2023. Classes are from 12:00PM to 3:30PM each day.

<b>Jan 18, 2023*</b>	<b>May 3, 2023</b>
<b>Feb 1, 2023</b>	<b>May 17, 2023</b>
<b>Feb 15, 2023</b>	<b>June 7, 2023</b>
<b>Mar 1, 2023</b>	<b>June 21, 2023</b>
<b>Mar 8, 2023</b>	<b>July 5, 2023</b>
<b>April 5, 2023</b>	<b>July 19, 2023</b>
<b>April 19, 2023</b>	<b>Aug 2, 2023</b>

\* January 18, 2023 is a full day training 9am-4:30pm

### 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. Fellows are welcome to contribute reviews based on their individual interests. Participation in a minimum of ten sessions is required.