

# **MET/CBT 5 TRAINING**

## **Plymouth State University**

**Four Thursday Evenings**  
**Commitment to ALL four dates required.**

### **Content:**

This training will provide an overview of research, particularly the Motivational Enhancement Therapy (MET) and Cognitive Behavioral Therapy (CBT) study, that was included in empirical support for the MET/CBT5 intervention as demonstrated in the Cannabis Youth Treatment trail. Participants will receive an in-depth review of MET/CBT5, one of the CYT tested therapies. The review includes theory, rationale, MET and CBT strategies, and specific session procedures. A variety of teaching modalities will be employed including lecture, discussion, participant practice exercises, and viewing videotape. Participants will receive copies of the MET/CBT5 adolescent treatment manual (Sampl & Kadden), TIP 35, as well as supplemental handouts. Critical issues regarding implementation of the intervention will be discussed.

**An evidence-based intervention for adolescents with substance use problems that combines Motivational Enhancement Therapy (MET) and Cognitive Behavioral Therapy (CBT)**

**1/22; 1/29; 2/5; 2/12**  
**5:00 – 8:45 p.m.**

Participants can register online by going to [plymouth.edu/frost/communityeducation](http://plymouth.edu/frost/communityeducation). You are welcome to bring your own beverage and/or snack.

**Location: Plymouth State University, Plymouth New Hampshire**

**Trainers:** Win Turner Ph.D., LADC, is the former Program Director of the Dartmouth Hitchcock Medical Center Addiction Treatment Program in Lebanon, NH. He is a nationally certified trainer on the use of MET/CBT with adolescents. He has extensive experience working with individual treatment programs across the country in the adoption of this evidence based practice and with state agencies concerning adolescent treatment systems development. . Geoff Beyer MS, is a former youth and family counselor and school counselor. Currently he serves as the Montpelier, Vt. Parks Director and is responsible for a multitude of youth/family and vocational rehabilitation programs to address risk behaviors with healthy community alternatives.

**Target Audience:** addiction counselors, mental health practitioners, and physicians who are interested in learning motivational interviewing, cognitive behavior therapy skills, and the application for youth treatment.

Certification and clinical supervision in the model is available for those interested and willing to turn in follow-up session materials. (Additional fee applies.)

**Cost: \$300.00**

**Plymouth State University Counselor Education Program is an approved NBCC provider. NBCC # 4484**

**12 Category “A” continuing education hours will be granted for practitioners licensed under the New Hampshire Board of Mental Health Practice**

For information or to register by phone, call:

Linda Hammond: 603-535-2868 or Tamara Cocchiarella: 535-2822