

**OVERVIEW OF SUPPLEMENT**  
**Date: February 22, 2008**  
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**Introduction: CBT Basics – The Clinical Application of 12 Step CBT**

- Basic Characteristics of a 12 CBT Counselor
- Basic Concepts of 12 Step CBT
- Ten Principles of 12 Step CBT
- Three phases of CBT (early, middle, and later sessions).

**Key interventions for early sessions.**

- How to use the “magic question” and the Goals Worksheet to negotiate treatment objectives.
- How to present CBT Model of Addiction.
- Identifying and Rating Emotions.
- How addictive Behavior is Reinforced.
- How to Identifying Your Triggers.
- How to Cope with Craving.

**Key interventions for middle sessions.**

- How to do a functional analysis (relevant domains and suggested questions).
- How to help your clients cope with craving.
- How to teach refusal skills and assertiveness.
- How to encourage spiritual progress (Prayer and Meditation)
- How to identify and change dysfunctional **core beliefs**.
- How to identify and change dysfunctional **intermediate thoughts**.
- How to identify and change dysfunctional **automatic thoughts**

**Key interventions for later sessions.**

- How to identify various symptoms leading to relapse.
- How to develop an all-purpose coping plan.