



# Connecticut SBIRT Brief Treatment Training

10:00 – 4:00 pm

## Sample Agenda

10:00 – Welcome & Introductions

10:15 – SBIRT Overview

10:45 – SBIRT Brief Treatment (BT) Introduction & Manual Review

11:00 - SBIRT BT Therapeutic Tasks (LET'S PLAY) & Components (MET & CBT)

11:30 - Organizing Treatment Course – Sequence of Sessions

11:45 - Overview Motivational Enhancement Therapy (MET), Video clip

**12:30 - Lunch \*\***

1:15 - 1st Session: Personal Reflections Summary (PRS) & Engagement (MI Strategies)

1:45- 2<sup>nd</sup> Session: Engagement, Goal setting, Supporter invited

2:00 - Overview Cognitive Behavioral Therapy (CBT), Video BMDC

SBIRT BT CBT Sessions: Menu, Select 4-6 based on Client presentation

2:30 - CBT Session : Puzzles to Patterns (Functional Analysis)

2:45 - CBT Session: Mindfulness, Video example

3:15 - CBT Session: Just Thoughts

CBT Session: Working with Emotion (increasing positive, decreasing negative)

3:45 - Wrap-Up

\*\* **Lunch:** you can bring your own (there is a microwave available), or there is a deli on-site (Hans & Fritz, cash or check only); an ATM is located in the building

