

# Cognitive Behavioral Therapy (CBT) for Alcohol Use Disorder

In this program I will teach clinicians about the foundations of Cognitive behavioral therapy for alcohol use disorder. I will then teach how these principles are applied to session by following an established (and publicly available) CBT manual for alcohol use disorder. I will review the treatment goals and techniques required to implement the CBT protocol with the highest fidelity. I will discuss each of the seven core sessions (including handouts) in the CBT program:

- Session 1: Introduction to Coping Skills Training
- Session 2: Coping with Cravings & Urges to Drink
- Session 3: Managing Thoughts About Alcohol & Drinking
- Session 4: Problem Solving
- Session 5: Drink Refusal Skills
- Session 6: Planning for Emergencies & Coping With a Lapse
- Session 7: Seemingly Irrelevant Decisions

I will then review the optional sessions and I will conclude by reviewing a host of free resources for evidence-based practices in addiction, primarily those offered by the National Institutes of Health. I will conduct this seminar by combining lecturing, question & answer periods, videos, and polling tools to engage the audience.

## Target Audience

Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses  
Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

- 1) Describe the rationale for implementing cognitive behavioral therapy for alcohol use disorder.
- 2) Explain the key elements of outpatient CBT for alcohol use disorder.
- 3) Discuss which patients are appropriate for outpatient CBT.
- 4) Implement the core sessions of CBT for alcohol use disorder.
- 5) Select and implement a host of optional sessions of CBT for alcohol use disorder.

## Seminar Schedule

Typically begins at 11:00 AM and ends at 2:15 PM Eastern time. However, check the webinar schedule.

## Outline

Begin 11 AM ET

The program will be conducted in four blocks of 30-minutes each, including Q & A periods.

First 30-min period: Theoretical and empirical foundation for CBT for AUD, providing a rationale

Second 30-min-period: Structure of the sessions, roles of client and therapist, treatment goals, homework in CBT

Third 30-min period: Sessions 1, 2,3 will be discussed in more detail (objectives, techniques, handouts)

BREAK 12:30-12:45 PM ET

Fourth 30-min period: Sessions 4, 5, and 6 will be discussed in more detail (objectives, techniques, handouts)

Fifth 30-min period: Session 7, optional sessions selection, and termination session will be discussed in more detail (objectives, techniques, handouts)

Sixth 30-min period: Summary of treatment program, expanded Q&A, discussion of resources for clinical practice, closing remarks  
End 2:15 PM ET

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## Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

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## The Presenter

Lara Ray, PhD, earned her doctorate in clinical psychology at the University of Colorado, Boulder, in 2007. During her training she specialized in the biological bases of behavior, including behavioral genetics and neuroscience of addiction. Dr. Ray completed her predoctoral internship at Brown University Medical School, where she also completed a postdoctoral fellowship in Addiction Psychology at the Brown University Center for Alcohol and Addiction Studies. In 2008, Dr. Ray joined the faculty in the Department of Psychology at the University of California Los Angeles (UCLA), where she is now a full professor. Dr. Ray has been actively engaged in research, teaching, and practice of psychology with a focus on addiction. She provides direct services to patients in her private practice and she leads a Cognitive Behavioral Therapy Clinic for Addiction within the UCLA Psychology Clinic. Dr. Ray has over 200 peer-reviewed publications, mostly on the topic of addiction etiology and treatment. Dr. Ray has been widely recognized for her scientific contributions to the field, notably receiving the prestigious Distinguished Scientific Award for Early Career Contribution to Psychology by the American Psychological Association (APA) in 2017. Dr. Ray lectures nationally and internationally on the topic clinical research in addiction.

## General Information

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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