

## **Track 4: “The Power of Evidence-Based Treatment”**

SESSION: Cognitive Behavioral Interventions

### **Summary:**

The purpose of this one-day workshop is to provide participants with an overview of cognitive-behavioral approaches and their use with criminal justice clients. A presentation presenting and exploring the dynamics and basic personality traits of clients who are antisocial or who have other personality disorders will be followed by discussion with session participants. Basic outcome research on the effectiveness of treating antisocial clients will be presented. The link between substance abuse and antisocial personality disorder will be discussed. In addition, the primary characteristics, evolution, and applications of cognitive-behavioral techniques will be explained and demonstrated. Also, the cognitive-behavioral method, Moral Recondition Therapy, will be reviewed and attendees will be presented with the most recent ten-year outcome data, as a primary treatment modality as well as information on MRT® being included in SAMHSA’s National Registry of Evidenced-Based Programs and Practices.

### **Objectives:**

- The participants will understand current research and findings on the relationship of substance abuse and personality disorders.
- The participants will understand how cognitive-behavioral interventions differ from traditional treatment methods.
- The participants will understand how cognitive-behavioral interventions gain their treatment effectiveness.