SIMmersion
Immersive Simulations

Cognitive Behavioral Therapy For Substance Abuse Clients

Summary

- The Cognitive Behavioral Therapy (CBT) for Substance Abuse Clients training suite consists of three virtual patient simulations.
- Users practice introducing CBT to a new client, performing a functional analysis with an unmotivated client, and discussing change with a reluctant client.
- Each of the three characters are capable of providing a variety of conversational experiences that allow a user to learn skills and develop them over time.
- Users receive ongoing feedback on their progress and post-session scores that reflect on their mastery of the learning objectives.

Funding and Research

Learning

After completing a series of practice sessions with the simulated clients, users will be able to:
- Introduce the CBT model to a client and establish standard routines for sessions,
- Discuss a client's motivations and barriers to change and work with them to build a change plan,
- Review a client's most recent drinking episode and connect it to the CBT model,
- Individualize CBT to a client's particular needs and history,
- Collaborate effectively to ensure client participation and understanding,
- Maintain a conversational tone even while conveying complicated concepts,
- Express empathy during a session in an appropriate and effective manner,
- Work with a client to set an effective agenda and strategically select a homework exercise.

Seat Time

- Approximately 15 minutes of e-learning material.
- Simulated conversations last 30-45 minutes.
- An average user will require 8-10 hours to achieve mastery of the learning objectives, but can learn the basics in a few hours.

NOTE: Figure does not account for longer-term "refresher" sessions, which will vary by user.

For ordering and additional product information, go to training.simmersion.com