

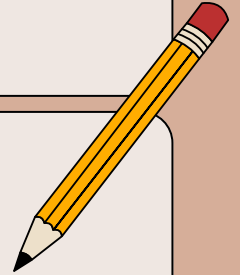
SAVE THE DATE!

HARBORVIEW ABUSE & TRAUMA CENTER PRESENTS

CBT+ QUARTERLY SKILLS TRAINING

“OVERCOMING BARRIERS AND LEVERAGING OPPORTUNITIES IN SCHOOL-BASED CBT”

PRESENTED BY RACHEL BARRETT, LICSW



DATE:

March 26th, 2026
12pm - 1:30pm

LOCATION: Online via Zoom

Cost of Training: FREE
CEUs provided

Registration Link will be sent at a later date.

Participants must have completed CBT+ consultation requirements (or be currently involved) in a HATC sponsored CBT+ Learning Collaborative.

Delivering CBT in schools expands access to effective mental health care - but it comes with real-world challenges. This session examines the research supporting brief, school-based CBT interventions and highlights the strategic advantages of working within educational settings. Through guided discussion and peer collaboration, participants with surface common implementation hurdles and develop practical, field-tested solutions they can apply immediately.

