

Using CBT

as the Standard of Care

July 14th

11:30am -12:30pm MST

 **Zoom Webinar**

1.5 CE
Applied

Presenter

Dr. Cristi Bundukamara, EdD, PMHNP

Summary

In using CBT as a standard of care, Dr. Bundukamara will address the current issues of non-standardization in mental health care. She will discuss Cognitive behavioral therapy as a scientifically valid approach and how it can be used as a solution to non-standardization. She will also discuss a unique cognitive behavioral formula known as Choice Mapping that may be used as a tool for therapy.

Objectives

1. Identify issues related to non standardization of mental health care
2. Recognize scientific validity of CBT
3. Identify unique tools for incorporating CBT as standard of care.

Speaker Bio

I have been a nurse since 2000, with extensive experience throughout the lifespan. I founded Mentally STRONG in 2018. My medical career began as an Army Medic before attending nursing school at Florida International University (FIU). I have worked in various nursing positions including missionary work in Jamaica, Mexico, and Peru. I continued at FIU and obtained a master's in nursing as a psychiatric nurse practitioner, then to Nova Southeastern for my Doctorate. With a deep desire to serve my country again, I was commissioned in the US Navy Reserves where I currently still serve. I am originally from Miami, FL. My husband and I have 7 children, 2 biological, and 5 adopted from the foster care system. My husband and two biological children have a devastating, rare, and difficult to diagnose disease which struck us unexpectedly. Our story of hardship and joy is what allowed me to discover Choice Mapping, a cognitive behavioral approach. Choice Mapping is a formula to say I am Mentally STRONG.



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Additional Information Contact:

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